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Health pg 19

Guide to getting Bond's killer body

Heart attacks top WHO's list of killers

REPORT Heart ailments, infectious diseases and cancer remain the world's top three killers, the UN health agency said yesterday.

Heart attacks and related problems are the top killer, claiming 29 per cent of people who die each year, the World Health Organization said in a report. Infectious diseases led to 16.2 per cent of worldwide deaths; and cancer claims 12.6 per cent, said the report based on death data from 112 countries and estimates from 2004.

Some 58.8 million people died worldwide in 2004, most of them over 60, the report said. Nearly one in five deaths was a child under five. **THE ASSOCIATED PRESS**

Local pg 3

Hybrid buses leaving TTC stranded?

Your Money pg 10



Rein in your holiday buys

World pg 6

Cops foil plot to kill Obama

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Chatty drivers targeted

Ontario plans to ban using cellphones, portable GPSs while driving

Using hand-held electronic gadgets while driving will be against the law in Ontario under legislation to be introduced today.

Drivers caught e-mailing, texting or yapping on hand-held devices such as cellphones or BlackBerrys or using hand-held global positioning systems would face fines and lose demerit points, a well-placed government source told the Toronto Star.

However, drivers using cellphones with earpieces or Bluetooth devices to carry on conversations, or using dashboard-mounted GPSs will have nothing to fear under the bill developed over the last six months by Transportation Minister Jim Bradley. "GPSs mounted to the car will be allowed," the government source added. "Portable GPS, in the hands or in BlackBerrys, are covered under the ban."

Cellphones with earpieces will be exempt despite a warning last month from the Ontario Medical

Association that they are just as distracting to drivers because they reduce response times by impairing cognitive function and visual concentration.

"The evidence is clear that driving while using a mobile phone is dangerous to the driver, their passengers and others on or near the roadway," OMA president Dr. Ken Arnold, who could not be reached yesterday, said last month.

Bradley would not comment in detail on the law aimed at stemming the tide of distracted drivers but said the government did "extensive consultations" and looked at experience in other jurisdictions that have bans.

Premier Dalton McGuinty previously opposed such a ban — saying it was difficult to draw the line between cellphones and other distractions, such as eating, and noting police already had dangerous driving laws in their arsenal — but changed his mind earlier this year.

TORSTAR NEWS SERVICE



Drivers use hand-held devices while driving in Toronto. Ontario is expected to introduce legislation today that will ban the use of cellphones and portable GPSs while driving.

Clear support

Med, motor groups back ban

- As far back as 2001, the Canadian Medical Association implored provincial governments to stop people using their phones while driving.

- In a study, the Ontario Medical Association said talking on the phone is "as hazardous on a relative risk basis as driving with a blood alcohol level at the legal limit."

- The OMA has also said it would like to see a government sponsored education campaign, warning the public against using handheld devices to chat, text or e-mail while driving.

- The Canadian Automobile Association has been pushing for a ban on driving while using cellphones for three years, largely because of members' concerns about traffic safety with a burgeoning number of hand-held electronic devices distracting drivers.

- In 2003, Newfoundland and Labrador banned the use of hand-held cellphones while driving. Nova Scotia and Quebec also ban the practice.

Listeria death toll may be higher than reported

OUTBREAK The human toll of Canada's listeria outbreak may be larger than officials have reported, a Toronto Star/CBC investigation has found.

Public health authorities across Canada have confirmed 20 deaths linked to listeria-tainted Maple Leaf

"Physicians don't normally do a blood culture."

Dr. Bob Bortolussi

cold cuts. But a lack of testing for the bacteria in nursing homes and hospitals

during the outbreak could mean many other deaths were overlooked.

In one case, blood tests have been denied to Mississauga nursing home residents even though one resident died of listeria and at least one other is sick. Four other listeria cases, includ-

ing two deaths, were discovered in other residences of the same nursing home chain, but no additional tests were ordered in those homes.

"The number of deaths could be higher if the investigations weren't done to determine whether or not

there was listeria in the blood stream," says Dr. Bob Bortolussi, an infectious disease specialist in Halifax.

"Physicians normally don't do a blood culture. Blood cultures are only done if there are severe enough symptoms to warrant."

TORSTAR NEWS SERVICE

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Another minor has been arrested in the 2006 slaying of Omar Wellington. On July 14, 2006, Wellington, 17, was stripped down to his boxers and beaten for hours near Eglinton Avenue East and Don Mills Road before being stabbed to death. **TORSTAR NEWS SERVICE**

Local



Bikers urged to suggest west end fixes

Ask local bike advocates about the downtown west end, and they'll tell you it's one of the most treacherous spots to navigate on two wheels. A new project by the city's cycling committee and the Toronto Cyclists Union asks cyclists to suggest quick fixes to make the area more bike-friendly. The deadline for suggestions is Nov. 5. For details, visit the city's website at www.toronto.ca/cycling/public-consultations/west-end-toronto.htm

TORSTAR NEWS SERVICE

INDEX

Canada Pg 4
World Pg 6
Comment Pg 8
Business Pg 9
Your Money Pg 10
Sports Pg 11
Workology Pg 14
Health Pg 19
Entertainment Pg 23
TV Listings Pg 28
Celebrity Buzz Pg 29
Take Five Pg 30

Tomorrow's Metro



Automotive

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What's online today.

Read Allan Small on what to expect as U.S. bailout money enters the market at metronews.ca/live

Watch as an inquiry into botched cancer tests sets its sights on N.L. premier Danny Williams at metronews.ca/canada and see Jewish war orphans reunite to reminisce at metronews.ca/world

Play online Sudoku at metronews.ca/games

Lotteries

Ontario Pick 3 587; Ontario Pick 4 3806; Encore 2024906; Daily Keno 1, 5, 12, 13, 14, 16, 17, 19, 20, 21, 32, 35, 36, 43, 44, 46, 48, 55, 58, 61 These results are not official.



Weese kin worried

Brother wants slaying suspect to surrender

Matthew Weese hangs his head and cradles his right arm — dark welts mark a bullet's painful entry and exit just above his elbow. Below it, a tensor bandage conceals an infection that's crept up his hand.

But none of that matters, he said yesterday. All he can think about is his older brother.

Kyle Weese is wanted on a Canada-wide warrant after a shooting early Saturday that left innocent bystander Bailey Zaveda dead and five others, including his brother, wounded.

"I want to see him turn himself in safely with his lawyer," Matthew, 22, said.

Matthew said he last heard from Kyle late Friday night when his sibling called to ask for help. A group of intimidating men was threatening him outside the Duke of York Tavern, on Queen Street East, Kyle said at the time.



Flowers mark the spot outside the Duke of York Tavern on Queen Street East where innocent bystander Bailey Zaveda was shot to death Saturday night.

Matthew rushed to the bar, he said, speaking with the bouncer briefly when he arrived before looking for his brother. When Kyle was nowhere to be seen inside the

Leslieville haunt, Matthew stepped outside. That's when he heard gunfire.

Kyle, 25, has been running from the law since early Saturday. He is wanted for

second-degree murder after a man fired a semi-automatic pistol just beyond the Duke's front doors following an altercation around 1 a.m.

TORSTAR NEWS SERVICE

News in brief

SENTENCED Delroy Leon McFarlane, a 27-year-old Toronto man, was found guilty of first-degree murder in the shooting of 20-year-old Joshua Anthony Julien. Julien's body was discovered May 31, 2003, in a field in Whitchurch-Stouffville. McFarlane was sentenced to life in prison with no eligibility of parole for 25 years.

TORSTAR NEWS SERVICE

York acts on Jewish holiday policy

York University has decided to end a 34-year practice of cancelling all classes on Jewish holidays in part to reflect the growing diversity at the booming Toronto campus.

York is believed to be the only public university in North America to cancel classes campus-wide for the three Jewish holidays each fall: Two days of Rosh

Hashanah and one day for Yom Kippur.

York officials say they were not pressured to do so just because the Ontario Human Rights Commission is investigating a complaint from a history professor that the practice is unfair to students of other religions for whom classes are not cancelled on holidays.

"The answer is no, we didn't make the change because of the complaint," said campus spokesperson Alex Bilyk.

"The reality was, when the policy was designed, a lot of students and faculty members celebrated those dates," Bilyk explained yesterday.

TORSTAR NEWS SERVICE

Poverty plan still priority: Matthews

STRATEGY Ontario's souring economy has not slowed provincial plans to release a comprehensive poverty reduction strategy by year's end and to start work on it immediately, Children's Minister Deb Matthews said yesterday. "We will do everything we can to implement it as quickly as possible," Matthews told reporters after meeting with about 300 anti-poverty activists at Queen's Park yesterday who are urging the government not to waver on its election promise to address the issue. "This remains a high priority for our government," said Matthews, who chairs the province's 15-member cabinet committee on poverty reduction.

TORSTAR NEWS SERVICE

Risky 'lifestyle' blamed in death

HOMICIDE A 31-year-old man found shot dead in the driver's seat of a luxury car on a quiet Downsview street Sunday morning led a "high-risk lifestyle," say police. Gary Anthony Mitchell was found by a resident in a silver Infiniti on Hammell Street near McAllister Park. Police believe the body had been there — a few minutes' drive from the apartment he shared with his mother — since 7:30 or 8 p.m. on Saturday. "His lifestyle probably had something to do with what happened," said homicide Det. Wayne Fowler.

TORSTAR NEWS SERVICE



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High-risk offender sought

Police are on the lookout for a high-risk offender who is wanted for not complying with probation. Shawn Thomas Fries, 43, was charged years ago with looting west-end highrises of about \$43,000 in cash and jewelry. **TORSTAR NEWS SERVICE**

Lemon-flavoured hybrid buses

InTransit

Ed Drass

transit@eddrass.com

It's not looking good for hybrid buses in Toronto. Less than two months ago I wrote that bus drivers were complaining about breakdowns among the TTC's new diesel-electric buses. Days after the column, the transit commission bought more of these lemons.

TTC now regrets the deal and is planning to buy diesel-only buses in the future — and even threatening to switch suppliers. The transit system is once again struggling to keep enough service on the streets.

The Orion hybrids, made by Daimler Buses North

America, are experiencing serious problems with batteries. A newer type of battery will be installed in buses that have yet to arrive — although they haven't been fully tested in Toronto.

Most of the failures reportedly occur before the buses

leave the garage, but TTC riders have been forced to abandon vehicles that break down mid-route.

Daimler's Bryan Allen said yesterday evening his firm is working with the TTC to resolve the battery problems but would not divulge how many buses have broken down.

When asked in August whether TTC hybrids had been sent back to Daimler,

Allen said, "That's not the case." When I posed the question to the TTC last Friday, spokesperson Brad Ross replied, "Buses aren't returned, they are repaired/batteries replaced, at Daimler's expense."

Last night the Daimler spokesperson said some buses may be transferred to a "third party service centre." Why the discrepancies? There are too many questions outstanding.

How many buses have been towed back to the garage over the last six months? Why do TTC and Daimler provide conflicting answers on how much the buses actually cost?

I also asked for comment yesterday from the federal

Most of the failures reportedly occur before the buses leave the garage, but TTC riders have been forced to abandon vehicles that break down mid-route.

Ed's suggestions

- Toronto city council is set to discuss the hybrid issue this week. Councillors should decide whether an inquiry into the TTC's bus purchases is required.
- The TTC board must be opened to non-politicians, including those with strong private sector experience. That's

no guarantee this kind of mistake won't happen again, but the commission needs more expertise.

• In deciding on future bus technologies, the TTC should officially request the input of transit critic Steve Munro and former TTC manager David Gunn.

Ministry of Transport, which paid the TTC millions to buy buses on the condition they be environmentally friendly. As of yesterday at 8 p.m., no response was received.

Check metronews.ca/intransit for updates on this story, plus my list of questions to the TTC. Ross says they need a week to provide more details. When these arrive I'll post them online so readers can comment.

Quick Tip

Q: What is going on with

the 7:58 a.m. Clarkson express GO train to Union?

Tip: GO Transit says this run, which is often delayed, has "regular performance issues." The transit agency plans soon to schedule an additional train near the same time, which will "definitely help" with capacity and delays. We shall see.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

Credit crisis putting squeeze on condos?

The credit crisis and slowing economy are frustrating real estate developers' planning, and could derail some Toronto condominium projects currently underway, Canadian developers say.

"I think we've definitely oversold the market," says Brian Johnston, of Monarch Corp. "The question is whether all these buildings are still going to be built a few years from now."

About 300 projects were selling in the Greater

1980s

Toronto Area in the first half of the year — more than any other North American city. With the cost of credit globally going up, banks have also been much more cautious of the slowing real estate sector, says Johnston.

Banks typically require that a project be 60 to 70 per cent sold before they will finance a project. Buildings that don't get those sales will fail — as the industry nervously sees who might be the first casualty.

Analysts have warned repeatedly of a possible correction in the 10 to 15 per cent range for the Toronto condominium market. And signs indicate there's still demand.

Last week, buyers lined up overnight to purchase units from the Emerald City project near Fairview Mall, reminiscent of the craze in the 1980s.

TORSTAR NEWS SERVICE

Slain women's friends, family want answers

Distraught family, friends and neighbours of two women stabbed to death want a public inquiry to find out why they weren't informed about the accused's violent history before he moved to the area.

About 1,400 people have signed the petition.

The bodies of Saramma Varughese, 65, and her daughter Susan John, 43, were found in their northeast Toronto home Thanksgiving Monday. Sara John, Varughese's 20-year-old granddaughter, was also attacked, but is recovering.

Nathaniel O'Brien, 31, was arrested soon after and charged with two counts of

first-degree murder and one count of attempted murder. O'Brien had been out on bail since March while facing charges of sexual assault stemming from two incidents.

A police spokesperson said people out on bail not convicted of an offence are presumed innocent, and it's not appropriate to warn the public.

O'Brien moved into his parents' house at 79 Rotary Dr., next to the Johns, two months ago. Residents say they are planning to sign a petition asking the O'Brien family to move out of the neighbourhood.

TORSTAR NEWS SERVICE

Ryerson Building closed



A student walks by firefighters outside Ryerson University at Victoria and Gould streets yesterday. HazMat crews were called in when an envelope containing a suspicious white powder was found pushed under a door on campus. Ryerson's library building was closed off as emergency crews investigated.

Top realtors calm market worries

REAL ESTATE Fears of a major real estate downturn are overblown and the Canadian market is still performing well, say top executives from the country's largest real estate companies.

"We are being overwhelmed by the negativity, the market has not slowed down that much, it's like you're going from 150 kilometres per hour to 120 kilometres. It feels slower, but it's still healthy," Michael Polzler, executive vice-president of ReMax Ontario Atlantic Canada, told more than 1,000 realtors yesterday at the annual general meeting of the Toronto Real Estate Board.

TORSTAR NEWS SERVICE



Airfares

MONTREAL

\$29

Travel Nov 4 - Nov 9/wg + taxes & fees \$122

Fort Lauderdale \$23
Travel Nov 9 - Nov 15/ts + taxes & fees \$316

Puerto Plata \$65
Travel Nov 5 - Nov 14/wg + taxes & fees \$298

New York City \$135
Travel Nov 5 - Nov 12/nw + taxes & fees \$111

Glasgow \$179
Travel Nov 25 - Dec 3/ts + taxes & fees \$447

Las Vegas \$199
Travel Jan 4 - Jan 8/wg + taxes & fees \$212

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Occidental Grand Playa Turquesa + taxes & fees \$199

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Punta Cana 4-Star \$368
Caribe Club Princess Beach Resort + taxes & fees \$368

INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Nov 6/sgn/5g.

San Andres 4-Star \$397
Royal Decameron Aquarium + taxes & fees \$246

INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Nov 6/nol/ts.

Holidays

London City Break \$306
Ibis Earls Court + taxes & fees \$448

INCLUDES roundtrip airfare and the first 2 nights 3-star central accom with breakfast. Travel Jan 14 - 27/vat/ts. **ADD** London hop-on hop-off bus tour from \$36.

Chicago 3 Nights \$449
Essex Inn + taxes & fees \$105

INCLUDES roundtrip airfare and 3 nights 3-star accom in downtown Chicago. Departs Nov 13/inf/nw. **ADD** 2-day hop-on hop-off trolley tour from \$37.

Hawaii 7 Nights \$999
Castle Queen Kapilani Hotel + taxes & fees \$243

INCLUDES roundtrip airfare and 7 nights 3-star accom in famous Waikiki. Departs Nov 17/inf/aa. **ADD** North Shore shark cage underwater viewing adventure from \$139.

Cruise Holidays

ASIA

\$369

Legend of the Seas + taxes & fees \$84

INCLUDES 4-day Royal Caribbean cruise, onboard meals & entertainment. Sail roundtrip from Singapore and visit Port Keland and Phuket. Port charges included. Sails Jan 12.

Southern Caribbean \$549
Serenade of the Seas + taxes & fees \$125

INCLUDES 7-day Royal Caribbean cruise, onboard meals & entertainment. Sail roundtrip from San Juan and visit St Thomas, St Maarten, Antigua, St Lucia and Barbados. Port charges included. Sails Dec 6.

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Canada



Taser training needed: RCMP

A new RCMP report says officers get no special training on using Tasers in jails, even though one in every 10 people hit with a Mountie stun gun late last year was behind bars. The force's first quarterly Taser analysis recommends mock cell block drills be included in RCMP instruction sessions. The report, quietly made public by the force, says Mounties used their Tasers 337 times from October through December last year. **THE CANADIAN PRESS**

Wage increases may decline in '09

Slumping economy to blame, report reveals

Deeply eroded pensions, investments that have bled billions in net worth, thousands of lost jobs, and now workers could see their wage increases slashed, as Canadian employers are forced to trim costs in tough economic times.

A Conference Board of Canada survey released yesterday said Canadians should expect lower wage increases next year because of the slumping economy. "Even before the financial crisis began in September, organizations were projecting lower increases for 2009," said Prem Benimadhu, the Conference

Close to poverty?

• A recent poll conducted for the Canadian Centre for Policy Alternatives found that nearly four in 10



Canadians, 39 per cent, believe they are just one or two paycheques away from poverty.

Board's vice-president of human resources management.

The survey, taken in July and August, found employers expected to pay 3.9 per cent more to non-union workers next year.

The board has since revised that number to 3.4 per cent and Benimadhu said those increases could be slashed further if the

economy continues to deteriorate.

That compares with average wage increases of 4.2 per cent this year.

"Although companies continue to face challenges in attracting and retaining talent, the global economic slowdown has made cost reduction a top priority," said Benimadhu.

THE CANADIAN PRESS

Frost had threesomes with teens, trial hears

COURT David Frost engaged in threesomes with two teenage hockey players he was coaching and their girlfriends in the 1990s, the sexual exploitation trial of the former NHL agent heard yesterday.

One of the women, now 28, detailed for the court how, during the first of two threesomes, her

boyfriend had sex with her first while Frost was lying underneath her, asking her how she liked it.

Her boyfriend then helped her on top of Frost so she could have sex with him, court heard.

"I didn't really know a lot about sex," the woman, who was 16 at the time, testified yesterday,

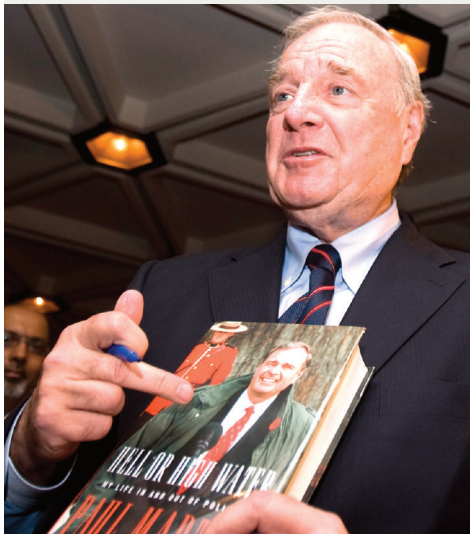
adding she lost her virginity to the boyfriend.

"I didn't even know at first what was happening."

Frost, 41, has pleaded not guilty to four counts of sexual exploitation against two former junior A Quinte Hawks players who cannot be named.

THE CANADIAN PRESS

Martin **Hell or High Water**



Former prime minister Paul Martin jokes around yesterday with his new book, *Hell or High Water*, at its official book launch in Ottawa. The book tells about Martin's years in business and politics, and settles a few scores along the way.

News in brief

CONTAMINATION The federal government is developing a plan to manage groundwater at its contaminated sites across the country. There is currently no national strategy for assessing groundwater quality at the sites.

NUNAVUT The only premier Nunavut has ever known was

trying for his third term as voters went to the polls in the territorial election yesterday. Paul Okalik has been premier since Nunavut became a territory in 1999 and is the longest-serving leader in the North. He was opposed by Elisapee Sheutiapiik, the popular and outspoken mayor of Iqaluit.

THE CANADIAN PRESS

'Demon' to spend 25 years in jail

MURDER Sobs resounded in a packed courtroom yesterday in Goderich, Ont., as families of three murder victims described the devastating impact a "demon"

had visited on their lives by killing their loved ones, including a married couple of 51 years that Jesse Imeson tied up and shot in their basement.

The statements came after Imeson, 23, of Windsor, Ont., pleaded guilty to three counts of second-degree murder in the killings that sowed terror in several communities in July 2007.

Imeson had been charged with first-degree murder in the deaths of Helene Regier, 73, and Bill Regier, 72. Instead, he pleaded guilty to the lesser charge and was sentenced to life with no chance of parole for 25 years.

He similarly pleaded guilty to second-degree murder for killing student Carlos Rivera, 25, in Windsor, a few days before he shot the Regiers. Imeson was sentenced to life without parole eligibility for 15 years on that count.

THE CANADIAN PRESS



Jesse Imeson

ALL NEW EPISODE

RICK MERCER REPORT

Former Prime Minister Paul Martin's tell-all memoir hit the stores today. Tonight Rick gets the scoop...or the shovel.

Tonight at 8

followed by **THIS HOUR HAS 22 MINUTES** at 8:30

cbc.ca/mercerreport

CBC

Ontario farmland values have jumped substantially in past six months

Farm Credit Canada's Fall 2008 Farmland Values Report says farmland was appraised 4.6 per cent higher in the first half of 2008. That compares to a 1.2 per cent increase in the last six months of 2007. The upward trend was influenced mostly by commodity prices. **THE CANADIAN PRESS**

canada 5

Tough times hit oilsands

Developers rethink projects

Expect a major shakeout in Alberta's oil patch as tarsands developers come to grips with a "perfect storm" of low oil prices, high project costs and tight credit, according to UBS Investment Research.

Decisions so far by Petro-Canada and Suncor Energy Inc. to scale back elements of their oilsands investments are just the start of things to come, argued UBS, adding certain projects are expected to feel the squeeze more than others as the year winds to a close.

"Over the next few weeks (and) months we expect to see strong signals from producers that they are beginning to rethink and re-evaluate future oilsands developments," analyst Andrew Potter wrote yesterday in a research note.

A barrel of crude oil for December delivery fell 93 cents US yesterday to \$63.22 on the New York Mercantile Exchange, the lowest it has been since May 2007 and 57 per cent cheaper than the high of \$147.27 reached only 108 days ago.

Where the price of oil ultimately goes will affect new oilsands projects dif-

ferently, UBS said.

As projects are deferred it could help alleviate inflationary pressures for those that do go forward, the report suggested.

Whereas construction labour in Alberta's oilsands was expected to peak at 44,000 in 2009 and 2010, recently announced delays are expected to cool down the market and drop the number of personnel to 26,000.

"Over the next few weeks (and) months we expect to see strong signals from producers that they are beginning to rethink ... future oilsands development."

Andrew Potter

nately for projects operators, though, we believe it will take more than improved labour productivity to offset the challenges imposed by low oil prices."

Still, for investors current valuations are attractive even with the bleak outlook for short-term oil prices.

UBS said the market has already punished oil stocks so much they already reflect crude prices at \$45 a barrel and have already removed any value associated with undeveloped oilsands resources.

TORSTAR NEWS SERVICE

Taser inquiry delayed once again

The mother of a Polish immigrant who died after being shocked with an RCMP Taser will have to wait even longer for answers.

The inquiry into Robert Dziekanski's death at Vancouver International Airport a year ago was originally to start in October,

but has twice been delayed, first to Nov. 12 and now until Jan. 19 in Vancouver.

THE CANADIAN PRESS

READ THIS AND YOU'RE GOOD TO GO

STARTING SATURDAY, NOVEMBER 1, 2008, THERE WILL BE CHANGES TO SOME GO BUS SERVICES.

46 – HWY. 407 WEST GO BUS SERVICE MCMASTER UNIVERSITY

A new weekday westbound trip will depart Bramalea GO Station at 9:45 a.m., serve Square One GO Bus Terminal at 10:07, and then run express to McMaster arriving at 10:40. A new weekday eastbound trip will depart McMaster at 6:10 p.m. and run express to Square One arriving at 6:50.

Weekday eastbound trips departing McMaster at 1:10 and 2:10 p.m. will no longer serve the Oakville Carpool Lot and the 6:05 p.m. trip from McMaster will be discontinued.

More weekday trips will serve the Burlington and Bronte Carpool Lots with changes to some arrival times at McMaster.

YORK UNIVERSITY

There will be many new weekday express trips between York and Bramalea GO Station.

52 – HWY. 407 EAST GO BUS SERVICE

A new weekday westbound trip will depart Pickering GO Station at 7:10 a.m. and run express to York University arriving at 8:00.

A new weekday eastbound trip will depart Unionville GO Station at 7:00 a.m., serve Brougham, Greenwood, Brooklin, and arrive at Durham College-UOIT at 7:38.

61 – RICHMOND HILL GO BUS SERVICE

A new weekday southbound express trip will depart Langstaff GO Station at 8:55 a.m. and arrive at the Union Station GO Bus Terminal at 9:35.

The weekday northbound trip that departs Union Station GO Bus Terminal at 3:10 p.m. will now arrive at Richmond Hill GO Station at 3:55 instead of at 3:50.

65 – BARRIE GO BUS SERVICE

A new weekday southbound trip will depart East Gwillimbury GO Station at 9:25 a.m., serve Newmarket GO Bus Terminal, Aurora GO Station, Aurora Rd. & Hwy. 404, and arrive at the Union Station GO Bus Terminal at 10:50.

The weekday southbound 5:45 a.m. trip from Barrie to King City and the weekday northbound 5:35 p.m. trip from Rutherford to Barrie will be discontinued.

69 – SUTTON GO BUS SERVICE

There are several new weekday and Saturday trips between Sutton and Newmarket plus changes to some existing trips, so be sure to check the new schedule.

71 – STOUFFVILLE GO BUS SERVICE

A new weekday southbound trip will depart Mount Joy GO Station at 8:35 a.m., serve Markham at 8:40, and arrive at the Union Station GO Bus Terminal at 9:25.

A new weekday southbound express trip will depart Unionville GO Station at 8:50 a.m. and arrive at the Union Station GO Bus Terminal at 9:30.

81 – PORT PERRY GO BUS SERVICE

The weekday southbound 8:00 a.m. trip from Port Perry will now depart at 7:55 and times will also be earlier at Myrtle and Brooklin.

96 – OSHAWA HWY. 401 GO BUS SERVICE

A new weekday westbound trip will depart Oshawa GO Station at 6:15 a.m., serve Whitby and Ajax GO Stations, Yonge & Sheppard, and arrive at Finch GO Bus Terminal at 7:25.

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Dirty needles prompt HIV tests for patients

HEALTH Up to 2,700 patients, including children, need to be tested for HIV and hepatitis because a handful of nurses in a northern Alberta hospital injected drugs with used syringes for nearly two decades.

Health officials said the

risk of infection was low, but it was enough to put people in the community on edge.

Patients will be contacted by phone and registered mail for testing, which will be co-ordinated by Alberta Health.

THE CANADIAN PRESS

E. coli vaccine ready for cows

SCIENCE A new E. coli vaccine for cattle given the green light by federal regulators is an encouraging development in food safety, but the threat posed by the deadly bacteria can never be eradicated, the lead investigator into the tainted water tragedy in Walkerton, Ont., said yesterday.

Bioniche Life Sciences Inc. announced yesterday that the Canadian Food Inspection Agency has approved the vaccine Econiche to help reduce the proliferation of E. coli O157:H7 in cattle, in turn decreasing the risk of the bacteria spreading to humans.

THE CANADIAN PRESS

Prime Minister Gordon Brown's government has scrapped a proposal for a new public holiday to celebrate what it means to be British. "Britain Day" had originally been championed by Brown as a means of promoting social cohesion and combatting extremism. **THE ASSOCIATED PRESS**

World



N.Y. woman has sextuplets

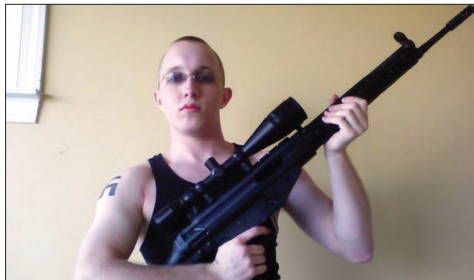
A couple in New York spent seven years raising their only child, a son — until the city's second sextuplets arrived. The four boys and two girls were born earlier this month to 31-year-old Digna Carpio and her 36-year-old husband Victor, a maintenance worker with the city.

THE ASSOCIATED PRESS

Obama assassination foiled

A nightmare scenario has been foiled by federal agents who say white supremacists planned to assassinate Democratic presidential nominee Barack Obama and kill dozens of black students in a would-be Tennessee mass murder.

In court records unsealed yesterday, officials for the Bureau of Alcohol, Tobacco, Firearms and Explosives said they disrupted plans by two young neo-Nazi skinheads to rob a gun store and target a high school attended predominantly by African-Americans.



This undated MySpace photo shows Daniel Cowart holding a weapon. Agents have broken up a plot to assassinate Barack Obama and a planned Tennessee murder spree, the ATF said.

An official in charge of the bureau's Nashville field office said the two men

planned to kill 88 black people — 14 by beheading — and wanted as their fi-

nal target the man who's aiming to be the first African-American president in U.S. history.

The numbers 88 and 14 are symbolic to white supremacists.

In separate interviews with investigators, the men — who met online and were arrested last Wednesday — said they planned to speed their vehicle toward Obama, "shooting at him from the windows."

The men, Daniel Cowart, 20, of Bells, Tenn., and Paul Schlesselman, 18, of Helena-West Helena, Ark., are being held without bond.

THE CANADIAN PRESS

Actress Jennifer Hudson's nephew found dead in SUV

CRIME Oscar-winner Jennifer Hudson's seven-year-old nephew was found dead in the back of an SUV yesterday, ending a frantic search that began after the shooting deaths of her mother and brother three days earlier.

The actress was among seven family members and close friends who identified Julian King's body from a live image on a television screen at the Cook

County Medical Examiner's office yesterday.

Chicago police spokeswoman Monique Bond said the boy, like his grandmother and uncle, had been shot.

Authorities have been questioning Julian King's estranged stepfather, William Balfour, who is being held in custody on a parole violation. No one has been charged in the slayings. **THE ASSOCIATED PRESS**

U.S. troops snatched 2 men in deadly raid: Syrian villager

SYRIA Families in a village near the Iraqi border yesterday buried loved ones they said were killed in a U.S. attack in Syria, and one of the villagers said American forces grabbed two men and took them

away by helicopter.

A U.S. military official has confirmed that special forces had conducted an attack in Syria, but White House spokesperson Dana Perino refused to discuss the raid. **THE ASSOCIATED PRESS**

News in brief

ARKANSAS A shooting that left two students dead at the University of Central Arkansas did not appear to be random, au-

thorities said yesterday. Three people are being questioned but no one has been charged in the shooting.

AFGHANISTAN Suspected U.S. missiles killed 20 people at the house of a Taliban commander near the Afghan border yesterday, the latest volley in a two-month onslaught on militant bases inside Pakistan, officials said.

THE ASSOCIATED PRESS

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Albanian rebels alleged to have sold organs of Serb prisoners

Albania's top prosecutor has met with a Serbian war crimes prosecutor, probing allegations that Kosovo's ethnic Albanian rebels raised money by killing Serb prisoners and selling their organs during their 1999 independence war. **THE ASSOCIATED PRESS**

Hate crimes down in U.S.

But offences against gays, lesbians grow in number

The overall incidence of hate crime appears to have decreased slightly in the United States last year, despite a surge in offences targeting gays and lesbians.

The FBI reports more than 7,600 hate crime incidents in 2007, down about one per cent from 2006.

The decline was driven by decreases in the two largest categories: Crimes involving race and religion.

But the report indicated crimes involving prejudice against sexual orientation, the third-largest category, increased six per cent.

The FBI report does not, in itself, compare data from one year to the next, because the number of law enforcement agencies participating in the count varies from year to year.

However, the data released yesterday is consis-

Targets

- The most frequent victims of hate crimes are blacks, Jews and gays.

tent with previous years and indicated racial bias accounted for more than half of all reported hate crimes.

More than one-third of all hate crime incidents were categorized as vandalism or property destruction. Intimidation was the second most common hate crime, followed by simple assault.

The report was based on data drawn from 13,241 U.S. law enforcement agencies. By comparison, the broader crime report the FBI puts out every year draws data from about 17,000 law enforcement agencies. **THE ASSOCIATED PRESS**

Britain **Fingerprinting on the go**



In this undated photo, a British police officer holds a mobile electronic fingerprinting scanner. British police will be armed with handheld fingerprinting machines within 18 months, the National Policing Improvement Agency said yesterday.

News in brief

BOSTON An escaped dog is being blamed for delaying at least eight flights over a 17-hour period at Boston's Logan International Airport. Officials say a poodle named Choochy escaped from her kennel Saturday night as she was being unloaded after a flight from Detroit. The dog then scampered across runways and taxiways, evading airport personnel for more than 17 hours.

CORRUPTION A Mexican newspaper says an Interpol employee has confessed to infiltrating the U.S. Embassy and leaked information to the Beltran-Leyva drug cartel. El Universal newspaper reported yesterday the man received about \$30,000 from the cartel for information he supplied on investigations by the U.S. Drug Enforcement Administration.

POLITICS Israel moved closer yesterday to a bruising election campaign that will decide the future of peace talks as polls showed the moderate foreign minister, Tzipi Livni, in a surprisingly close race with headline opposition leader Benjamin Netanyahu. Neither of Israel's two leading political parties would have enough seats to form a government on its own, according to the surveys. **THE ASSOCIATED PRESS**

Germans who saved Jews honoured

TRIBUTE Germany's "Silent Heroes" now have a voice. A new memorial centre in Berlin pays tribute to the thousands of German gentiles who risked everything to save Jews from persecution by the Nazis.

The "Silent Heroes" memorial centre opens today amid a new focus in recent years on the legacy of the "good German."

It is a tribute to those Germans who resisted Hitler and his policies, were labelled traitors, and were often shunned even

after the war.

Some 5,000 Jews were able to survive the war in hiding in Germany.

Research suggests that for each person in hiding, around 10 people were involved in helping them.

THE ASSOCIATED PRESS

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Comment & Views

Comment

Left, right, north, south

Barack Obama and Stephen Harper — how weird is that?

National Report



Lawrence Martin

This is bizarre. Americans are moving left. Canadians are moving right. It's almost always been the other way around. In fact, it's been 80 years since we've seen this. The only comparable time was when Franklin Roosevelt came to power after we elected arch-Tory R.B. Bennett.

That, too, was in a time of economic peril. Bennett didn't last long. FDR's liberalism soon spread across the border. A rising tide, they say, lifts all boats. It lifted our Liberal ones, sunk Bennett's. This

memory has probably intruded upon Stephen Harper's roomy cranium by now. There are those polls saying Canadians favour Democrat Barack Obama for the U.S. presidency by a margin of four to one! He's an American politician with a Canadian mindset. Or at least what has generally been considered a Canadian mindset. He's certainly no guns and God guy. He favours public health care, has a social conscience, prefers diplomacy to unilateralism. "I know that the hardening of the lines," he once wrote, "dooms us all."

A lot of Canadians are going to love this man, like they did FDR, in the way they were charmed

by JFK. He is an independent thinker, not transfixed by any ideological trappings, but internally strong. It seems he has followed F. Scott Fitzgerald's dictum: "Life is something that can be dominated — if you're any good."

I'm trying to imagine Stephen Harper paired with him. Our PM can handle himself intellectually with anyone, but the danger for him is that he will look soooo last century up against Barack Obama.

It's true that Harper has moderated some of his original hard-core conservative dogmas. But he's still an old-alliance type on

foreign policy, he's still a foot-dragger on the environment and he's still more of a Milton Friedman disciple than a Keynesian. There are cycles of history. It's tough if you get caught up in the wrong one.

It's not just Harper who tilts against the new tide. There is other evidence of our rightward shift. Our population is moving West, the resource wealth is in the West, the Alberta influence gains strength, our media is more right-wing than ever. On the other hand, the fact that Harper didn't win a majority against a weak opponent tells you something. So does our overwhelming lean toward Obama.

Franklin Roosevelt became more popular here than R.B. Bennett. John F. Kennedy became more popular than John George Diefenbaker. In these careening times, they are precedents worth noting.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Now is the time to slow down immigration



James Bissett

Guest view

It now seems evident we are going to experience a serious economic recession, but so far there has been no suggestion that it is time to cut back on the extraordinarily high immigration intake of the last 10 years.

In the past, when Canada faced an economic downturn the immigration intake was also reduced. This was a sensible policy and beneficial to Canada and to immigrants. There is little sense in bringing immigrants here when they are unable to find jobs and either end up on

our welfare rolls or displace other resident workers. Unfortunately, the policy of regulating immigrant numbers to labour force realities was abandoned in favour of a constant intake of about one-quarter of a million immigrants each year — regardless of labour force conditions.

Consequently, we now have close to 1 million immigrants waiting in the backlog to enter Canada. All of them have met the requirements and, by law, must be admitted. There are a further 60,000 to 70,000 asylum seekers already here waiting to appear before the Immigration and Refugee Board (IRB) and whether they are found to be genuine refugees or not, most will be allowed to remain. Added to this number are

between 150,000 to 200,000 temporary workers in Canada and many of these will not return home when their contracts expire.

Our political leaders did not want to discuss immigration during the election campaign. All the parties are on record of wanting to raise immigration levels. They do this despite growing evidence that immigration is not making any significant contribution to our economic prosperity and does not in any way help us with our so-called aging problem.

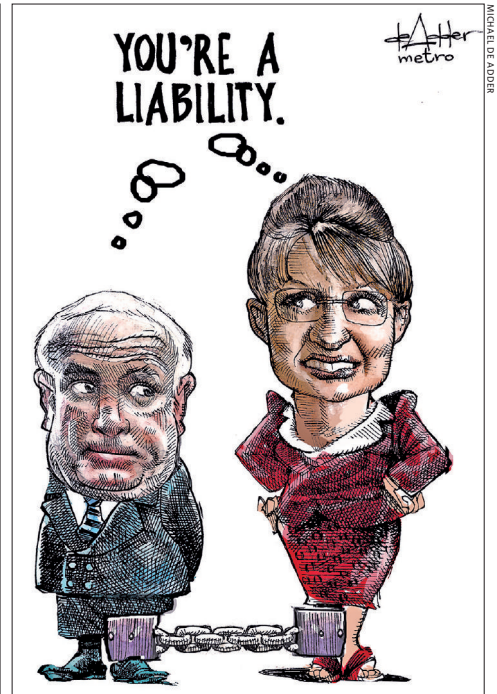
A study published this summer by Prof. Herbert Gruber of Simon Fraser University showed that in the year 2002 alone, the costs in services and benefits received by 2.5 million immigrants who arrived between 1990 and 2002 ex-

ceeded the taxes they paid by \$18.3 billion. This amount is roughly the cost of our Afghanistan campaign.

It is time our political parties stopped using immigrants as pawns in their political games and begin to act in the interests of all Canadians. A first step would be to cut the immigration flow in half and admit only the first in line of those waiting in the backlog and restrict new applicants to the children and spouses of people already here. This is an opportunity for our political parties to work together when Parliament is recalled.

Let's see how they respond.

James Bissett is a former Canadian Ambassador and was the executive director of the Canadian Immigration Service from 1985-1990.



Letters

Annwarr A. Russell, TORONTO

Looking at the photo on the front page of Metro (Oct. 23), everyone is trying to understand the state of mind of the Ontario Finance Minister. He signalled his "embarrassment" when he said the provincial government is facing a \$500-million deficit.

I have just experienced the same feelings pertaining to the deficit, although I can do nothing about it.

The reality is patiently making me work in a society that is rather different from what I thought before

(coming to Canada). This is what I chose to do after relinquishing my previous job in my home.

After being refused to be hired to even wash planes thanks to the "no Canadian work experience" requirement, I decided to improve my skills in a "higher education institute."

My instinct begins to tell me that I am just wasting my time and government funds, which is what made the minister feel "embarrassed."

Who is responsible for the embarrassing deficit, you or me?

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Oil falls to lowest level in a year

Oil prices fell to their lowest level in more than a year yesterday before rebounding to just above \$63 US a barrel as growing evidence of a global economic slowdown had investors betting on a further drop in energy demand. **THE ASSOCIATED PRESS**

9

Business

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Stocks drop to 4-year low

Canadian dollar follows suit

The Toronto stock market closed down more than 700 points to its lowest close in four years.

The S&P/TSX composite index dropped 756.38 points or 8.14 per cent, as growing fears of a worldwide recession sparked a broad-based selloff, taking the main index down 27 per cent so far this month.

Losses on New York indexes accelerated dramatically in the closing minutes after earlier getting a lift from data showing sales of new homes in the U.S. showed an unexpected increase in September.

The Dow Jones industrial average fell 203.18 points to 8,175.77 after losing five per cent last week.

Loonie



- The Canadian dollar's low point was 61.8 cents US, set in January 2002.
- It's all-time high was 110.3 cents US, reached last November.

Meanwhile, the Canadian dollar fell to its lowest level against the American buck in more than four years, and at least one forecaster says it could be headed even lower.

The loonie closed at 77.59 cents US, down almost a full cent.

THE CANADIAN PRESS

U.S. Treasury begins rescue plan

The U.S. government will begin doling out \$125 billion US to nine major banks this week as part of its effort to contain a growing financial crisis.

Assistant Treasury Secretary David Nason said yesterday the deals with the nine banks were signed Sunday night and the government will make the stock purchases this week.

The action will mark the first deployment of resources from the government's \$700 billion financial rescue package passed by U.S. Congress on Oct. 3.

The bailout package has undergone a major change in emphasis since Treasury Secretary Henry Paulson decided to use \$250 billion of the \$700 billion to make direct purchases of

bank stock, partially nationalizing the country's banking system, to get money into the financial system more quickly.

Treasury is also starting to give approval to major regional banks with the goal of getting another \$125 billion in stock purchases made by the end of this year.

THE ASSOCIATED PRESS

GM temporarily shutting factories

PLANTS General Motors will idle two U.S. factories for one week each to keep inventory in line with lower demand, it said yesterday. The Detroit-Hamtramck plant makes the Buick Lucerne and Cadillac DTS sedans. The Bowling Green, Ky., plant makes Chevrolet Corvettes and the Cadillac XLR sports cars.

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Business in brief

U.S. ECONOMY Sales of new homes in the United States recorded an unexpected increase in September, as prices dropped to the lowest level in four years. Sales of new single-family homes rose by 2.7 per cent last month. Economists

had expected sales would drop from the August level. The median price of a new home sold in September declined by 9.1 per cent from a year ago to \$218,400, the lowest price level since September 2004.

THE ASSOCIATED PRESS

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Stuff stockings with love

SmartCookies



smartcookies.com

In one short week the Halloween goodies will be packed away and the retailers will be hauling out their holiday best. We've already seen some stores decked out in festive décor. Before the spending madness begins, let's figure out how we can survive the holidays without getting a Visa bill that makes us lose our rum and eggnog upon opening.

Makin' a List and Checking It Twice

While it's a nice gesture to buy gifts for your entire family, friends and colleagues, if you take note of all the people you plan to buy for and how much that will cost, you will real-

ize that a) it all adds up and b) a nice card or a warm wish goes a long way. This year, the Smart Cookies are drawing names for family members, setting a spending limit and only purchasing for that one person.

Use Cash

We've said it before and we'll say it again, paying with cash makes you think twice about your purchases and helps cut down on unnecessary spending. If you can't afford to pay for a gift with cash, then you can't afford to buy it.

Shop Online and Compare Prices

We love to shop online and compare prices as we go. We realize you will have to use your credit card for these purchases so the next best thing to using cash is to make sure you are paying your bill off in full as soon as it arrives. If you don't pay your balance off in full, you'll lose the saving benefits of buying online.

Entertaining

Instead of offering a full bar, try serving a feature drink which will cut back on liquor costs. You can get four times the amount of drinks from a 26 oz bottle of vodka, than you can from a 750 mL bottle of wine. And don't be afraid to ask your guests to bring their favourite dish to your soiree. Guests can bring dessert, appetizers or a side dish.

The Holidays are a Time to Share

Share clothes, accessories, shoes and handbags. Don't get wrapped up in thinking you need to buy something new for every holiday get together. Also, rent or borrow the tables, chairs and place settings that you will need to host the holiday get together instead of purchasing new items.

Remember What Matters Most

When we work with families on our W Network show, Smart Cookies, we

always ask parents what they remember most about their childhood. They always recount quality time spent together and not video games or gadgets. While we appreciate that children should be treated with a few special things, don't go overboard. Instead, think of things you can do together that don't cost money just a little bit of your time.

Visit smartcookies.com for more saving tips and e-mail questions or comments to smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

After the U.S. bailout, is there anything to look forward to? Read this week's column at metronews.ca.

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Unfortunate meeting of death and taxes

Q My brother-in-law recently passed away. My wife is not in the frame of mind to deal with tax issues related to his death but I would like to help as much as I can. Can the funeral cost be deducted on his tax return? He repaid part of his Home Buyer's Plan (HBP). Does he pay tax on the balance?

Lawrence

A You and your family have my sympathies. There are some things in life that if we can avoid dealing with, we will. Our mortality is one. Taxes is another. The passing of a loved one generally leaves the family hurt, shocked and in disarray. There are so many things to get done. Least of all, taxes.

Unfortunately, taxes are part of death as it is part of our everyday life. Records should be kept in a place

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

that is safe, known to family and easily accessible when needed. Personal expenses such as funeral cost, probate fees and administration cost to estate are not tax deductible. The deceased must report the entire balance owing to a HBP in the year of death. However, an election can be made by the surviving spouse to assume the repayments and defer taxes. Filing a deceased taxpayer's return can be complicated — seek the advice of a tax professional.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcg@yahoo.ca.

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Dubin passes away

Former Ontario chief justice Charles Dubin, who was best known for heading an inquiry into steroid use by athletes, died at the age of 87 yesterday. Known as the Dubin inquiry, the commission was formed after sprinter Ben Johnson lost his gold medal at the 1988 Seoul Olympics for testing positive for steroids. **METRO NEWS SERVICES**

11

Sports



Cote down for six to eight months

Canadian UFC middleweight Patrick Cote, left, whose title shot against Anderson Silva was cut short by injury at UFC 90 in Chicago on Saturday, will undergo knee surgery that is expected to keep him out six to eight months. Cote was forced to quit 39 seconds into the third round when his right knee gave out.

METRO NEWS SERVICES

SPORTS@METRONWS.CA

Bringing colour to Rays games

Enrique Oliu breathes baseball. The crack of the bat and the cheers of the crowd run through his veins.

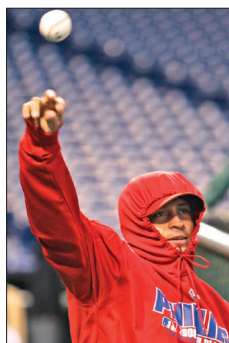
He's also a human baseball encyclopedia, with an uncanny ability to make his listeners get a full feel for the game.

Oh, one other thing about the colour analyst for the Tampa Bay Rays' Spanish radio broadcasts: He's blind.

"I always run into skeptical people, but I've never had any problem doing my job," Oliu said during the World Series between the Rays and Philadelphia.

"I'm a smart guy, and I've always wanted to be a leader, to be an example."

"As my father used to tell me when I was a kid, 'You've got to decide if you want the band to play



Phillies catcher Carlos Ruiz loosens up before Game 5 of the World Series in Philadelphia last night.

your music, or if you want to play someone else's music," the 45-year-old native of Nicaragua said.

Born blind, he was 10 when his parents sent

him to the United States to attend the Florida School for the Deaf and the Blind.

Oliu quickly showed interest in sports and later majored in communications at the University of South Florida.

All his perseverance paid off in 1998 when Tampa Bay Devil Rays, about to make their debut in the major leagues, asked him to become the colour analyst of the team.

Several hours before each game at Tropicana Field, Oliu starts his routine of interviewing players, coaches and colleagues to gather every possible piece of information and detail to help him in his broadcasts.

Oliu also fashions a mohawk haircut, the style of choice for these Rays.

At the booth of the radio station, Genesis 680 AM, he works alongside his wife, Debbie.

She whispers to him statistical data and descriptions about the game.

"The rest is just intuition and instincts," he said.

"You know I played this sport and bunch of others, adapted, but I played. Blind or not blind, I have an opinion and I just state mine."

"That's what people want."

THE ASSOCIATED PRESS

Read more online at metronews.ca

For a complete recap of Game 5 of the World Series, visit us online at www.metronews.ca/sports

Tonight



THE SKINNY: The Lightning have yet to win in regulation this season. That has left fans disgruntled in Tampa, and coach Barry Melrose determined to make his players accountable. Melrose skated the team for 45 minutes in practice yesterday. The players should be hungry vs. Leafs tonight.

THE SCORERS: RW Martin St. Louis has two points in his last two games, while D Jannik Niskanen has three in his last four games. The Leafs' Alex Ponikarovsky and Nik Antropov have four points in the last three games.

THE NON-SCORERS: Lightning rookie Steve Stamkos, the NHL's first overall pick this year, will be a target of media attention. He has yet to log a point in seven games. But

Gary Roberts is 0-for-7 as well, while Chris Gratton is 0-for-5.

SCHENN STAYING PUT:

Leafs' rookie defenceman Luke Schenn will apparently be staying with the big club for the remainder of the season, coach Ron Wilson confirmed yesterday. "He's been our best defenceman, defensively, in almost every game. That's good enough for me," Wilson said.

THE INJURIES: None reported for Leafs (Ian White, Carlo Colaiacovo and Jonas Frogren, were healthy scratches Saturday). Lightning: LW Radim Vrbata (groin), day-to-day; RW Ryan Craig (groin), day-to-day; C Jeff Halpern (knee surgery), IR, not due back until late November.

THE NUMBERS: The Leafs are 0-3 in shootouts, the Lightning 0-1. Leafs have 18 goals for, Lightning 11. Leafs have allowed 25 goals, Lightning 18. **METRO NEWS SERVICES**



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USA Hockey announced yesterday that Buffalo will host the 2011 world junior hockey championship. The tournament will run from Dec. 26, 2010, to Jan. 6, 2011. The Sabres-backed bid for the tournament includes games at both HSBC Arena and Niagara University. **METRO NEWS SERVICES**

Ovechkin leaves Caps to be with ailing grandfather

NHL Alexander Ovechkin will miss at least one game while in Russia to spend time with his ailing grandfather.

The NHL's reigning MVP caught a flight home yesterday morning and will miss the Washington Capitals' game against the Nashville Predators tonight after appearing in 203 straight games.

The Capitals were not sure when Ovechkin would return to the team.

Iginla named first star of the week

NHL Calgary Flames right-winger Jarome Iginla was named first star of the week by the National Hockey League yesterday.

Iginla led all scorers with seven points (five goals, two assists) to help the Flames win three games last week.

Colorado Avalanche goaltender Peter Budaj was the second star and Detroit Red Wings right-winger Marian Hossa was the third star.

THE CANADIAN PRESS

Employee number 18

Businesslike Anthony Parker just comes to work and does his job for Raptors

Anthony Parker is not going to beat his chest and flex his muscles and let out some primal scream every time he does something of significance on the basketball court.

He is not wired that way, he is not one to bring unwanted attention to himself.

He simply goes about his work in a businesslike manner, quietly and efficiently, as he has since the Raptor shooting guard arrived back in North America.

"I think you have to have a cocky confidence about yourself when you step inside the lines but it doesn't have to be an outward thing where it takes away from the team," said Parker, who begins his third season with the Raptors tomorrow night in Philadelphia.

"I think if you feed into the team and you build everybody else up, people build you up (and) that's good for the team. But if

it's a pattern where it's, 'Hey look at me,' it takes away from what the team is trying to do.

"And that's not my style."

Parker's style since he arrived two seasons ago after five years in Europe has been earmarked by steady production and a distinct lack of histrionics.

His averages last year: 12.5

points and 32.1 minutes per game on 47.6 field goal percentage, 43.8 three-point field goal percentage and 81.6 per cent from the free throw line.

In 2006-07, it was 12.4 points and 33.4 minutes per game, 47.7 per cent from the field, 44.1 per cent from three-point range and 83.5 per cent from the foul line.

He's played 155 games as a Raptor and started them all, having appeared in all 82 last season.

He has been arguably the biggest constant the team has had over the last two seasons. And al-

ways, unfailingly unflashy. But to those who have seen him so often, it would be entirely out of character for him to be anything else.

"Some people, it works for them and some people, you look at them and it's like, 'What are you doing? You haven't done anything in your career to act or do those kinds of things,'" he said.

"Yeah, when guys have had success, have had championships ... they get a pass to do those kinds of things."

The Raptors aren't at all concerned about the way Parker conducts himself as long as it works for him. Coach Sam Mitchell said Sunday the team needs players whose egos don't have to be fed or massaged every night, professionals who go about their business are invaluable.

Mitchell would like Parker to be a bit more assertive in his play, though. The one thing they want

Banged up bench

• Jason Kapono sat out yesterday's workout at the Air Canada Centre, once again reducing the team to nine healthy players. "He got his knee banged (Sunday) so it's just precautionary," said coach Sam Mitchell. "He said he was sore. We expect him to be able to play tomorrow."

• The Raptors exercised their option yesterday on Andrea Bargnani for the 2009-10 season.

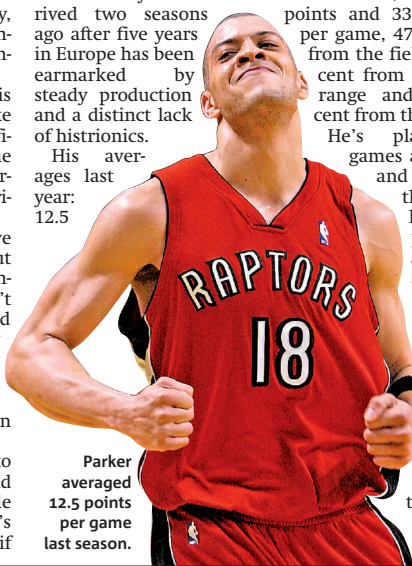
TORSTAR NEWS SERVICE

him to do more often this season is attack the basket, a style that he's shown but not often enough over his first two seasons.

"He's been doing it in practice the last few days ... so hopefully it transfers over into the games," said Mitchell.

"I think he's trying, and that's the thing, it just has to be a gradual process."

TORSTAR NEWS SERVICE



Parker averaged 12.5 points per game last season.

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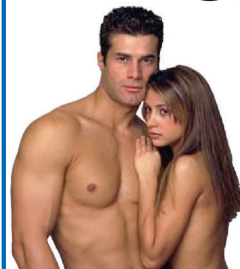
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CUBA	85 °C/min

Haiti.....	16.9	¢	Bolivia.....	6.9	¢
Honduras.....	15.9	¢	Chile.....	2.9	¢
Panama.....	3.9	¢	Colombia.....	3.9	¢
Uruguay.....	7.9	¢	Dominican Rep..	6.9	¢
Venezuela.....	2.9	¢	Mexico.....	2.9	¢

Middle East

Country	Rate of Change (°C/min)
Jordan	4.9
Lebanon	9.9

Bahrain.....	5.9 ¢	Kuwait.....	6.9 ¢
Egypt.....	14.9 ¢	Oman.....	17.9 ¢
Iran ^{from}	3.9 ¢	SaudiArabia ^{from}	3.9 ¢
Iraq ^{from}	4.9 ¢	Syria.....	18.9 ¢
Israel.....	2.9 ¢	U.A.E.....	19.9 ¢

Africa

Country	Deaths per minute
Kenya	6.9
Somalia	49.9

Algeria.....7.9	¢	Nigeria ^{prov.} 6.9
Angola.....14.9	¢	Niger.....13.9
Libya 24.9	¢	South Africa 7.9
Morocco. 18.9	¢	Sudan.....12.9

South Asia

INDIA	PAKISTAN
6 ⁹ / _{min}	5 ⁹ / _{min}
	

Bangladesh from.....	3.9¢
Bhutan	15.9¢
Maldives	14.9¢
Nepal from.....	7.9¢
Sri Lanka.....	11.9¢
Afghanistan.....	24.9¢

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Quest University, a B.C.-based private, liberal arts institution, has had a rough first year. In order to boost its sluggish enrolment, Quest sought an alliance with Sprout-Shaw Community College. Within a month, the deal dissolved. Meanwhile, the school is cutting costs, raising money, and searching for creative ideas. **METRO NEWS SERVICES**

Workology



UBC's brilliance

T. Todd Jones, a doctoral student in zoology at the University of British Columbia, has made it on Popular Science's "Brilliant 10" list, which recognizes young scientists every year.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONews.CA

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Melissa and Jun Paul Obayashi want moms-to-be to look and feel just as sexy as celebrities with baby bumps and not have to compromise their personal sense of style.

The married Vancouver couple decided to ditch their day jobs and start up Vie Maternity Boutique, a store devoted to offering stylish maternity wear that women would actually want to wear regardless of whether they were having a baby or not.

"People want to look good and dress well even when they're pregnant," Melissa Obayashi said.

Melissa, 28, realized just how lacking in stylish maternity wear the clothing market was when she was pregnant with her son.

Being a 12-year veteran of the fashion industry, she was appalled at how few choices a pregnant mother had in how to dress. She did some research and found plenty of companies offering quality, stylish maternity clothing that, for one reason or another, had not entered the Canadian market. She knew she had found a lucrative niche providing attractive clothing that was up-to-date with current trends and quality



The idea for Vie Maternity Boutique came due to the lack of fashionable maternity wear in Canada.

"It's all really just about really good quality clothing."
 Vie Maternity Boutique co-owner
 Melissa Obayashi

standards.

"It's all really just about really good quality clothing that's keeping with today's trends. A lot of maternity clothing is five years behind in style," Melissa said.

Since the store opened

for business in Vancouver's high-end Yaletown district last year, Melissa says designer jeans, career wear and casual pants have been the hottest sellers and she travels regularly to fashion expositions around the world to keep tabs on the

latest styles.

When possible, she makes sure to try on every single piece of clothing herself before she orders it for the store.

The Obayashis are funding Vie Maternity Boutique completely themselves, having struck well financially in the Vancouver real estate market. Rather than sit on their money, the two decided to invest it in a business venture that combines Melissa's fashion skills with Jun Paul's investment expertise.

Jun Paul, a life-long entrepreneur and veteran investor with experience in the restaurant and film industry, decided Vie Maternity Boutique was the right choice after the birth of his first son. He realized he was risking more than his own finances every time he backed another movie production.

"My priorities changed with the birth of my son," Jun Paul said.

With wealthy customers even flying in from nearby provinces to shop at the store, success has outpaced stress at the store counter for the entrepreneurial couple.

"Is there stress that it's my money? Not really. I'd probably have more stress if I was risking the bank's money, though it's definitely been a lot more nerve-racking because I've put on the ownership hat," Jun Paul said.

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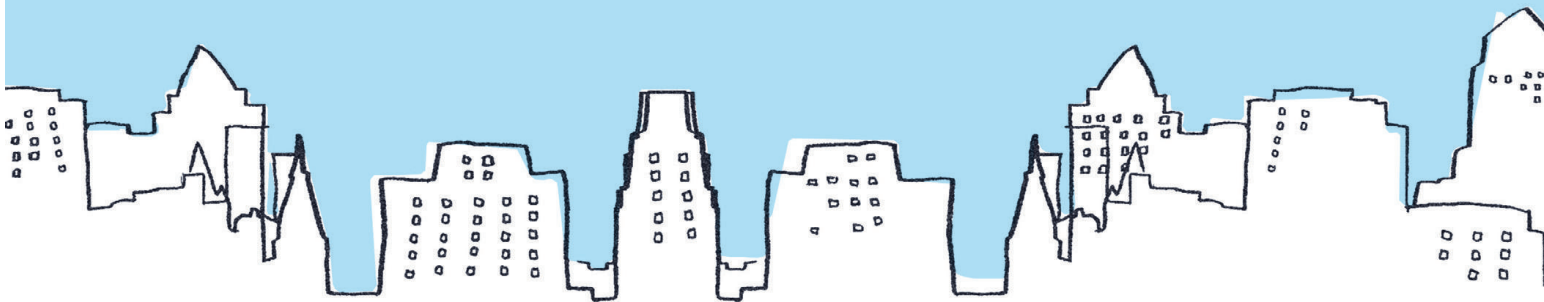
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Colleges Ontario running photography contest

Colleges Ontario is launching a photography contest where students are asked to submit a picture reflecting their college experience. The top 12 photos will be included in a desk calendar and exhibited at Colleges Ontario's annual conference in February. METRO NEWS SERVICES

Can't come to work, dog's stressed

CareerBuilder.com's annual survey on absenteeism shows 33 per cent of workers have played hooky from the office, calling in sick when they were well at least once this year.

While the majority of employers said they typically don't question the reason for the absence, 31 per cent reported they have checked up on an employee who

called in sick and 18 per cent said they have fired a worker for missing work without a legitimate excuse. The nationwide survey included more than 6,800 workers and 3,300 employers.

Nearly one-in-ten workers (9 per cent) who played hooky admitted to calling in sick because they wanted to miss a meeting, buy

some time to work on a project that was already due or avoid the wrath of a boss or colleague.

Others missed work because they just needed to relax and recharge (30 per cent), go to a doctor's ap-

Some said

- Another 34 per cent just didn't feel like going to work that day.

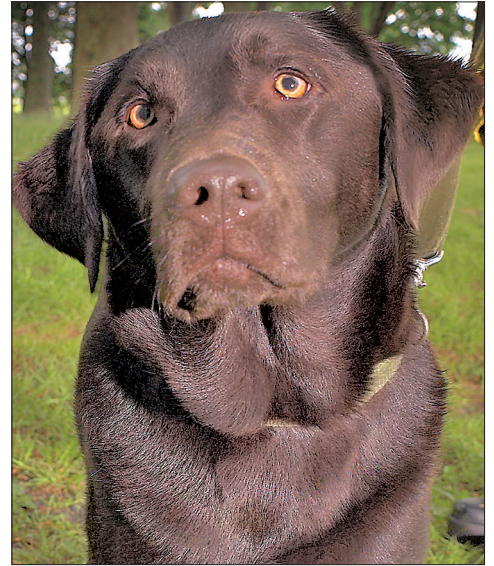
pointment (27 per cent), catch up on sleep (22 per cent), run personal errands (14 per cent), catch up on housework (11 per cent) or spend time with family and friends (11 per cent).

Of the 31 per cent of employers who checked up on an employee who called in sick, 71 per cent said they required the employee to show them a doctor's note. Fifty-six per cent called the employee at home, 18 per cent had another worker call the employee, and 17 per cent drove by the employee's house or apartment.

"It's in your best interest to be up-front with your employer and chances are you'll get the time you need," said Rosemary Haefner, vice-president of human resources at CareerBuilder.com. "More companies today are moving toward a paid time off system, giving employees more flexibility in how they categorize time away from the office. Employers are also expanding the definition of the sick day with 65 per cent stating that they allow their team members to use sick days for mental health days."

When asked to share the most unusual excuses employees gave for missing work, employers offered the following real-life examples:

- Employee didn't want to lose the parking space in front of his house;



Last year, at least one employee called in sick because his or her dog was stressed out, according to a survey.

- Employee hit a turkey while riding a bike;
- Employee said he had a heart attack early that morning, but that he was "all better now";
- Employee donated too much blood;
- Employee's dog was stressed out after a family reunion;
- Employee was kicked by a deer;
- Employee contracted mono after kissing a mail-room intern at the compa-

ny holiday party and suggested the company post a notice to warn others who may have kissed him;

- Employee's wife burned all his clothes and he had nothing to wear to work;
- Employee's toe was injured when a soda can fell out of the refrigerator;
- Employee was up all night because the police were investigating the death of someone discovered behind her house.

METRO NEWS SERVICES

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Health



Disco tune could save your life

When it comes to performing CPR, the trick may be in channelling your inner Bee Gee. A new study shows that matching the tempo of the Bee Gees' 1977 disco classic *Stayin' Alive* helps people performing cardiopulmonary resuscitation to reach 100 chest compressions per minute, the mark recommended by both the Heart and Stroke Foundation of Canada and the American Heart Association.

THE CANADIAN PRESS

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Attaining the Bond bod

Building lower body strength is just as important as upper, trainer says

BRIAN COULTON
for Metro Canada



Your mission, should you choose to accept it: bulging biceps, wash-board abs, impenetrable pipes and a chiseled jaw.

Oh, plus a sharp secret operative intellect, weapons proficiency and the ability to make A-list actresses swoon over you.

If Daniel Craig can play James Bond, why can't you? Sure, maybe you can't prod the barhop for a shaken martini as suavely as he can, but a Bond body may be attainable.

Jon Bula, personal trainer and owner of Vancouver's Groundworks Athletics, says you must prepare if you hope to shape a Bond-like physique. "If your end goal is to look like James Bond, you need to set the plan in motion on how you're going to get there," he says. "A James Bond body is not going to come easy. That's hard work, not a gimme."

While building your upper body seems like a key area to turn from average to Adonis, Bula says he tells his clients that working their lower body is just as important.

"(My clients) look at me like I'm weird, but when you train your lower body, it improves testosterone and growth hormone release, and it actually helps the rest of your workouts," he says.

Add that to weight training and finding the motiva-



A toned Bond-type body is about more than just exercise. To gain this physique you also need to focus on food. Doug Cook, a dietician at St. Michael's Hospital in Toronto, recommends a diet high in protein, nutrients and healthy fats.

tion to work out five days a week and Bula says men need not invest in a high-priced personal trainer to find results.

But, Bula urges a toned figure is more than just the absence of body fat. He says you need to focus on food, too. "You can train like a mad man and if you're overeating and drinking too much alcohol, you're still going to be chubby and you're not going to see the benefits of your training."

But how can you be like Bond without drinking his token martini? Doug Cook, a dietician at St. Michael's

Hospital in Toronto, says the traditional martini — gin or vodka and vermouth — is fine in moderation. He warns against fancy mixes.

"If you're getting into mixed drinks or some of these pseudo-martinis, you're going to get a lot of higher sugar content mixes versus the more traditional one he drinks," says Cook.

Other dietary considerations Cook recommends include following a higher protein diet and ensuring you consume appropriate fats, which he says are important to maintain testosterone levels and aid in

"If your end goal is to look like James Bond, you need to set the plan in motion on how you're going to get there."

Jon Bula, personal trainer

burning body fat.

And while Cook contends a healthy diet doesn't require supplements, he says nutrients will direct metabolic rates for health and exercise. "A general multi-

tamin really should be recommended for everybody across the board."

• For more coverage, check out Rick McGinnis trying James Bond's life on for size on Page 23.



Skin is the main transporter of germs, not objects such as soap or doorknobs.

Restroom fact or fiction?

HYGIENE Just in time for Halloween, some gruesome facts and stats about what's lurking in public bathrooms:

- 80 per cent of all infectious illnesses, from the common cold to exotic, rare viruses like Ebola, are transmitted by touch — **FACT**.
- In an environment as humid as the bathroom, a single bacterial cell can multiply into one million clones overnight — **FICTION**. It is actually one billion clones.
- Always close the lid of the seat before flushing — the toilet can send small drops of aerosolized fecal matter as far as 20 feet into the air — potentially hitting every surface in the bathroom — **FACT**.
- Tip: Close the lid before you flush, especially if you like leaving your toothbrush on the sink.
- Objects such as a bar of soap, doorknob or sanitary dispenser are the largest single mechanism for transferring germs — **FICTION**. Skin is the largest single mechanism for transferring germs from person to person. Skin has (100,000) bacteria per gram.

SOURCE: THE SECRET LIFE OF GERMS BY PHILIP M. TIERNON, JR.

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The generation gap is widening, and it's not just different musical tastes. Digital technology is rewiring young brains. That's the message of Gary Small, author of *iBrain: Surviving the Technological Alteration of the Modern Mind*, published this month by HarperCollins. **TORSTAR NEWS SERVICE**

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New DNA link for baldness

Male hair loss may not always be inherited from mom

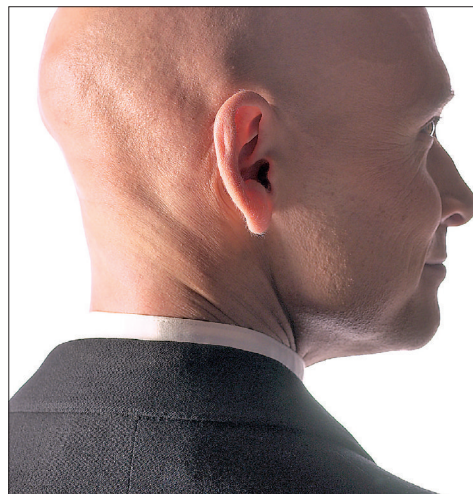
A new genetic discovery suggests that some men's hair loss may not be all mom's fault after all.

Two groups of international researchers, including one team with members from Canada, have independently found a region of DNA that appears to increase some men's susceptibility to male pattern baldness.

Scientists have long known there is a genetic variant passed from mothers to sons via the X chromosome that causes men to start losing their hair by the time they reach middle-age.

"That's where the idea that baldness is inherited from the mother's side of the family comes from," said Dr. Brent Richards, an endocrinologist at McGill University and lead author of one of the studies. "However, it's been long recognized that there must be several genes causing male pattern baldness."

The newly identified genetic region "is in an entirely novel area on chromosome 20," Richards said from Montreal, noting that men who have both genetic variations on the two chromosomes have a sevenfold higher risk of seeing their



Researchers recently found a new region of DNA that appears to increase some men's susceptibility to male pattern baldness.

hairline recede over time.

He said one in seven men — or 14 per cent of the population — have both genetic anomalies.

"How this novel gene or area of the genome influences male pattern baldness will require a lot more research."

About one-third of men are affected by male pattern baldness — the most common type of hair loss — by

age 45. The loss begins above both temples and results in a distinctive M-shaped hairline. More than 80 per cent of cases are believed to be hereditary.

Hair loss affects about 40 per cent of women, mostly after menopause, but Richards said more research is needed to determine what role — if any — the area on chromosome 20 plays in females.

To conduct the study, Richards collaborated with researchers in the United Kingdom, Iceland, Switzerland and the Netherlands. They analyzed the genomes of 1,125 Caucasian men who had been assessed for male pattern baldness, then confirmed the finding on chromosome 20 in another 1,650 men.

"Our study only involved Caucasian men, and although we would assume the risk factors are similar in different races, we have no idea," Richards said.

The research is published in the latest issue of the journal *Nature Genetics*, along with a study showing similar findings by a separate group of German scientists.

Dr. Kevin McElwee of the University of British Columbia called the finding "quite exciting."

"It's a big step forward in terms of understanding the disease mechanism involved and we certainly need to know what the disease mechanism is if we want to develop new and effective treatments for it," said McElwee, a researcher in hair loss at the Vancouver Coastal Health Research Institute. **THE CANADIAN PRESS**

Root causes of hair thinning/loss in females

Laying flush against Jennifer Morozowich's scalp is a perfectly concealed device that will cause commotion and confusion. That is, when she passes through a metal detector.

"The only thing I hate about the clips is they set off the security alarm at the airport," says Morozowich who wears a postiche, a customized hair piece attached to her own hair by five metal clips. The hair "system" makes the 38-year-old direc-

tor of strategic planning for a marketing agency look like she has thick hair.

Morozowich has a form of alopecia, or hair loss, which began thinning her hair when she was 30. "I just one day noticed it had gotten thinner," she says, describing her hair as fine. She does not have visible patches of scalp and wears the piece for fashion reasons.

Alopecia takes several forms and can range from male and female pattern

baldness (androgenic alopecia) to alopecia areata, an autoimmune condition that can lead to complete hair loss on the head (alopecia totalis) and body (alopecia universalis). Morozowich has androgenic alopecia.

Hair loss can also be related to autoimmune diseases, such as lupus, underlining the importance of seeking a doctor's diagnosis.

Temporary causes can include stress, pregnancy and medications such as anti-

Genetic test

- Dr. Robert Jones, an Oakville specialist in hair loss treatment, offers clients a genetic test for determining inherited hair loss. It consists of a swab of the inside cheek and costs \$400.

TORSTAR NEWS SERVICE

pressants and certain types of birth control pills.

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Healthy diet message applies worldwide

Eating a so-called western diet rich in meat, fried foods and salty snacks significantly raises the risk of having a heart attack in people around the world — whether they live in Canada, China or Chile, a study of dietary patterns suggests. **THE CANADIAN PRESS**



Viewing HIV as a weapon is risky

The J Spot

Josey Vogels

Sex talk with Josey



Is the recent case of a man accused of transmitting HIV to his partners tied into our often-exaggerated fear of AIDS and our moral judgments when it comes to sexuality?

Don't you hate it when a co-worker shows up at work sick as a dog?

"I had a terrible flu," they sputter as you frantically reach for the bottle of antibacterial gel you permanently keep on your desk now, because it seems more and more people are deciding their need to prove their indispensability trumps your right to a virus-free zone.

I thought of this as I listened to reports on the trial of Johnson Aziga, the 52-year-old Hamilton, Ont., man facing two counts of first-degree murder after allegedly having unprotected sex without telling sexual partners he was HIV positive. Two of his alleged part-

ners died of AIDS.

The only difference between the flu and the HIV virus is that one is airborne and one is sexually transmitted. But I have yet to see a case of someone being charged with attempted murder for spreading the flu virus to someone who then died of the flu (over

6,000 Canadians die of the flu annually compared to about 300 of AIDS). I understand that HIV, unlike the flu, is incurable, and that a life on antiviral drugs is no picnic. And granted, being airborne, it is harder to track down the flu virus carrier, but there is still something wrong with this pic-

ture.

In the case of the flu, we take precautions. We get vaccinated. We carry around buckets of Purell. In the case of HIV, we use condoms.

If your partner tells you they are not HIV positive, it is not enough to simply take their word for it. I'm sorry, but unless I see a piece of paper with test results, my partner's wearing a rubber. If I don't insist on this, I'm responsible for taking that risk, no matter what my partner has told me. Unless it's a case of rape, where the victim has no choice, we must bear some personal responsibility for the consequences of our sexual choices.

As utterly horrific as the allegations against Aziga are, I can't help but think that the legal reaction is more tied into our often-exaggerated fear of AIDS and our moral judgments when

it comes to sexuality and the implied promiscuity we assume when it comes to sexually transmitted diseases. Remember those stories in the early days of AIDS where someone would sleep with a stranger and wake up to find the message, "Welcome to the

wonderful world of AIDS!" scrawled on the bathroom mirror in lipstick or delivered in a tiny gift-wrapped coffin?

Knowingly spreading HIV is no urban myth. But a virus as a murder weapon? That sounds more like science fiction to me.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Boys, not just girls, should also be vaccinated against the human papillomavirus (HPV), says Dr. Harald zur Hausen, the Nobel-prize winning doctor who discovered the dangerous link between the virus and cervical cancer. **TORSTAR NEWS SERVICE**

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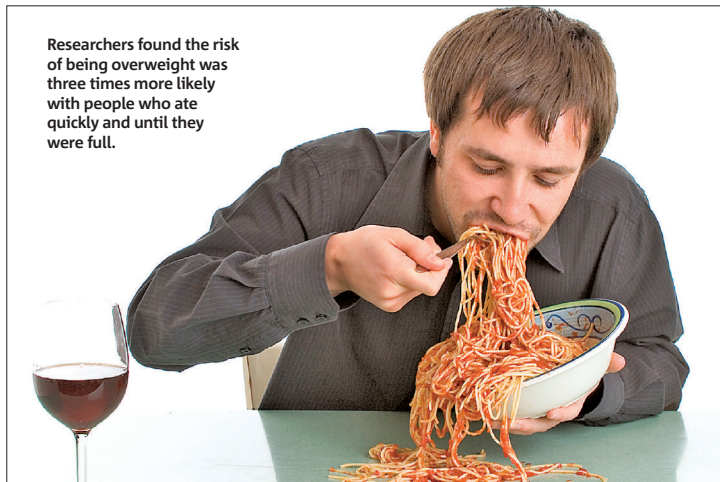


Eating fast and eating until you are full are no-no's if you are trying to lose weight. If you do both — eat fast and fill up — you triple your risk of being overweight.

Doctors feel that the way we eat — not just what we eat — has an impact on our weight. This finding comes from a Japanese study that surveyed more than 3,000 people. Researchers asked them detailed questions about their eating habits and also took measurements such as body mass index. They were also asked about physical activity and smoking, as these could have an effect on outcomes. Among the volunteers, 50 per cent of men and 58 per cent of women reported eating until they felt full.

When asked about eating quickly, 45 per cent of men and 36 per cent of women

Researchers found the risk of being overweight was three times more likely with people who ate quickly and until they were full.



ISTOCK PHOTO

admitted they did eat fast. When researchers crunched through the numbers, they found that the risk of being overweight when volunteers had both eating behaviours (eating until full and

speedy eating) compared with neither was three times greater. The findings were published in the British Medical Journal on Oct. 21.

This may have important ramifications in the fight to

curb obesity. Four hundred million people around the world are obese, according to the World Health Organization.

Perhaps we need to take the time to enjoy our food, but not quite so much of it.



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Garber eyes U.S. citizenship

Actor Victor Garber vowed to become an American citizen in time for the 2012 presidential election. Garber was born in Ontario, but has spent much of his working life in the United States and is eager to play a part in choosing the country's next leader.

IMDB.COM

23

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Birds remake

George Clooney is set to star in a remake of *The Birds*. The actor is the favourite to take the role of lawyer Mitch Brenner, portrayed by Rod Taylor in Alfred Hitchcock's 1963 original. FEMALEFIRST.CO.UK



007 requires stamina

RICK MCGINNIS
Metro Canada



Even the villain was impressed. "Whoa," said Le Chiffre, the terrorist banker in *Casino Royale*, after Daniel Craig's James Bond was strapped naked into a chair before the film's excruciating torture scene. "You've taken good care of your body. Such a waste."

You knew something had changed when Craig's Bond walked out of the surf in the reboot of the Bond franchise two years ago in a blue and black La Perla swimsuit. Only this time it was Bond, not the Bond girl, who was showing off an incredible physique, and in one stroke men all over the world had one more reason to feel a bit inadequate.

Becoming James Bond — if such a thing were possible — starts with the man himself, a fine physical specimen in all but the later Roger Moore films; a killing machine by trade. My journey to try to be a bit more 007 starts with my gym, Bloor Street Boxing, where Trevor, the head trainer, tells me what I'd need to do to even hope to fit into those swim trunks.

"With someone like Daniel (Craig) he didn't just start this the other day," Trevor tells me. "It's a long-term thing to get there. The first little bit will always be easier. That's where a lot of people go wrong — they work out and lose a bunch of weight, but they don't move on." I need to sprint, not jog, for one — "With a

lot of those stunts, he has to be more explosive" — and I need to avoid the weight machines in favour of the free weights, and exercises like dead lifts, squats and the overhead press.

He tells me that if I come in every other day and work out for a year, doing cardio all the while, I might come close to the Bond physique.

My next step is Rob Ferreira's Krav Maga Toronto, where he lets me sit in on a lesson in the martial art developed by the Israeli army. Judo and karate were once the vogueish Bond martial arts, but it's more realistic to imagine Bond, an ex-special forces soldier, learning this far less elegant discipline. "It's really basic," Rob

tells me. "Primal is a good way to describe it. They want you to address the immediate danger by any means necessary... Whatever the attack might be, a punch, a grab, a choke, a knife, a stick, a gun — whatever. It trains you to use your instincts."

I spend most of the hour trying to escape a bear hug by trying to kick Pat, one of Rob's trainers, in the groin — one of the "two heads" Krav Maga teaches you to target. I wake up the next morning almost unable to stand, but I have an appointment at Silverdale Gun Club, outside Beamsville, Ont., where Frank, a friend and a serving army officer, offers to show me how to handle a gun Bond style.

After a lecture on gun safety, Frank pulls out an



Metro's Rick McGinnis reflects on his performance with a Colt 45 at the Silverdale Gun Club outside Beamsville, Ont.

AR-7, a compact little rifle that packs up into its own stock, and was featured in both *From Russia With Love* and *Goldfinger*. After a bit of coaching, I'm able to get a few shots on target, but then he moves me up to the sorts of weapons that Bond might pick up along his way — a 9 mm Yugoslav-made Tokarev and a 1911 Colt A1.

They're real handguns, and I'm hopeless with them; even shooting while sitting, or standing with

both hands firmly wrapped around the grip, I'm barely hitting the bull's-eye, but when I try shooting with one arm, the recoil sends my arm twitching; puddles in front of the target explode, and clods of mud kick into the air, splashing mud on the target that remains unmolested by any ordinance. I am off to a poor start on my journey to become James Bond.

• Read Metro's Health feature on attaining the James Bond body on Page 19.



New season. New house. Another miraculous transformation.

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Tonight 9

HGTV.ca/SarahsHouse



Talk-show host Oprah Winfrey has denied reports she has been courted by U.S. presidential candidate Barack Obama to become the country's U.K. ambassador if he is elected into office next month. **IMDb.COM**

Dancing With The Star's Hough to have surgery No stomach ache, dancer diagnosed with endometriosis

PEOPLE The pain that sent Julianne Hough from a Dancing with the Stars taping to the hospital has turned out to be more serious than a stomach ache. The 20-year-old professional dancer has been di-

agnosed with endometriosis, a common condition in which tissue from the uterus lining grows outside the uterus, causing painful cysts and possibly infertility.

Hough went to Cedars-

Sinai Medical Center in Los Angeles following last week's live results show and later said she had a stomach ache and was feeling fine.

An announcement about Hough's immediate future

on ABC's popular dance competition was expected during yesterday's show, where she was scheduled to perform a samba with partner and Hannah Montana actor Cody Linley.

THE ASSOCIATED PRESS

Cabbage Patch politics

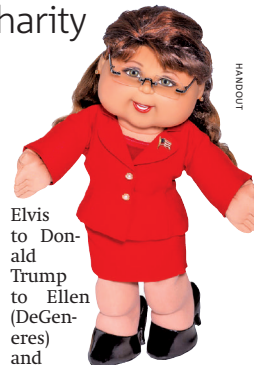
Dolls of U.S. election figures to be sold for charity

Move over Tina Fey, there's a new Sarah Palin impersonator in town.

Four one-of-a-kind Cabbage Patch Kids dolls crafted in the likeness of U.S. presidential candidates Barack Obama and John McCain and vice-presidential candidates Joe Biden and Palin will be auctioned on the eBay.com website.

The dolls sport outfits inspired by their counterparts, with the Palin doll wearing the Republican candidate's signature rimless eyeglasses, red suit and heels.

"These four folks in particular seemed like the perfect candidates, if you will, to become one-of-a-kind Cabbage Patch Kids," said Jakks Pacific Inc. spokeswoman Genna Rosenberg. "We've had a great history with making celebrity look-alikes with these Kids. We've done everyone from



Elvis to Donald Trump to Ellen (DeGeneres) and Oprah

The Sarah Palin doll (Winfrey)."

All proceeds from the auction, which begins Thursday and ends Nov. 4, will benefit the Marine Toys for Tots Foundation. Jakks Pacific will also auction six limited edition 25th-anniversary dolls that have been created to look identical to the original Cabbage Patch Kids that were first released in 1983.

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Snow Patrol chasing love

BRYAN BORZYKOWSKI
for Metro Canada



With the American election days away, it's impossible to have a conversation without mentioning the two people up for the presidency — Barack Obama and John McCain. But it's not just political analysts or news junkies who've got an opinion on who should win — even rock superstars Snow Patrol have something to say.

"If Barack Obama wins it's going to be a revolution," says drummer Jonny Quinn. "We believe what he believes in."

Quinn is such a fan that he and the rest of the band — singer Gary Lightbody, bassist Paul Wilson, guitarist Nathan Connolly and keyboardist Tom Simpson — saw Obama speak in Berlin during his tour of Europe. "He did one of the most majestic speeches," says Quinn, clearly still in awe of the Illinois senator. "There were half a million people there, it was amazing."

Clearly, like pretty much everyone else, Quinn is



Snow Patrol takes a turn toward the positive with its new album, *A Hundred Million Suns*. It is being released today.

deeply immersed in the presidential race. But the U.K. band shied away from espousing its political beliefs on its new record *A Hundred Millions Suns* — in stores today. Instead, the five-piece touched on a subject it has written about before: Love.

This time around, however, the tunes aren't slow, moping tracks about breakups, but rather, upbeat rockers about how great love is. It's a marked departure from these perennial relationship losers, and Quinn is concerned that their happier outlook on life might not fly with their fans.

"Gary is totally in love,"

says Quinn, explaining why the band has taken a turn toward the positive. "But people love buying our records to cry to it. This isn't tested, so we don't know how it will be received."

Still, after its last album, the massively popular *Eyes Open*, the band needed to change or risk being perceived as pandering to the almighty dollar.

"Everyone had to push themselves, which is always challenging because there's pressure when you've sold a lot of records, but we don't hide our agenda. We don't think we should be bigger than Coldplay, we just have to steer the ship the way we do it."

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Seth Rogen's raunchy new comedy *Zack And Miri Make A Porno* has been banned from several U.S. cinemas amid fears it may be too crude for viewers. The Megaplex Theatres in Utah towns Salt Lake City, Ogden, Lehi and Sandy have decided not to show the film. **IMDb.COM**

Show on Hitler's fave food scrapped

Belgian broadcaster VRT axes episode on buttered trout

Amid widespread criticism, a Belgian public broadcaster yesterday scrapped a television show on Adolf Hitler's favourite meal.

Belgium's Flemish broadcaster VRT said the episode on Hitler's culinary tastes was "too sensitive" to air and did not fit the series *Plat Prefere*, or *Favorite Dish*, which profiles the favourite foods of

famous people.

Other episodes have featured more positively viewed subjects, including singer Freddie Mercury, opera legend Maria Callas and artist Salvador Dali.

"There was a wrong perception that the show about Hitler would humanize or, worse, glorify" Hitler, VRT said on its website.

A preview of the Hitler episode showed profes-

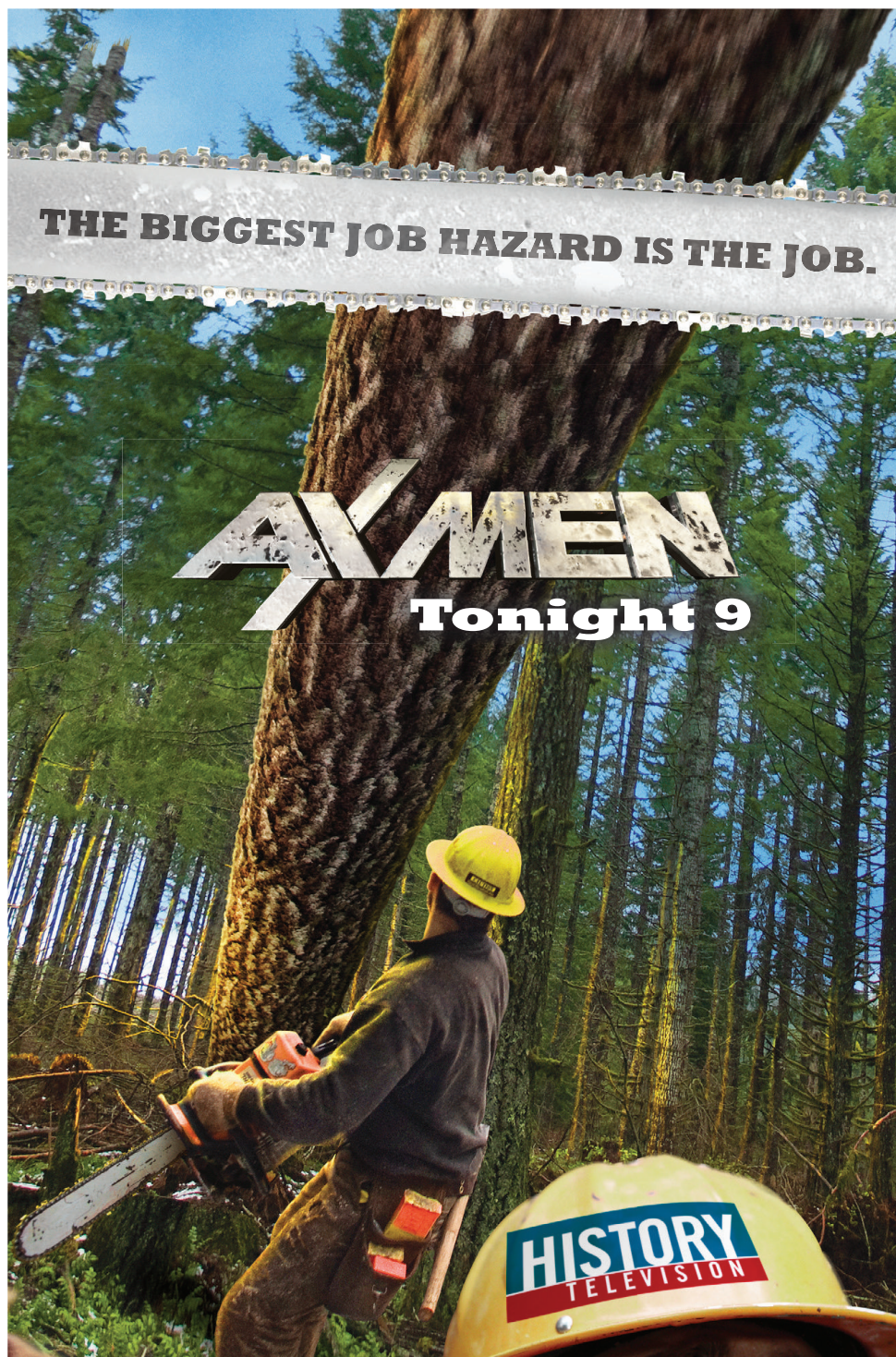
sional cook Jeroen Meus going to Hitler's haunts in southern Germany to prepare trout with butter sauce, which is believed to have been one of Hitler's favourite meals.

The VRT network earlier said the show on Hitler, which was scheduled to air tonight, meant to put him "in the right context," adding that the chef also addressed Hitler's anti-Se-

mitic policies.

Michael Freilich, the editor of *Joods Actueel* magazine, a Jewish affairs weekly based in Antwerp, welcomed the move yesterday but said the VRT had to question why it chose Hitler in the first place.

"The problem is that Hitler is being featured in a cooking show, without any historical context," he said. **THE ASSOCIATED PRESS**



DVD picks

The James Bond Blu-ray Collection, Vols. 1 and 2

Director: **multiple**
Studio: **MGM/20th Century Fox**

HERE WE GO again.

James Bond fans are as familiar with the feeling of hands grasping their wallets as 007 is with finding beautiful babes or would-be assassins in his hotel room.

Devoted (obsessed?) Bond aficionados have over the years already purchased the series on VHS and one of the various DVD incarnations.

The switch to Blu-ray might seem inevitable, as indeed it is if you demand only the best. These high-definition discs do offer picture and audio quality noticeably better than what's come before, especially on the vintage Sean Connery titles *Dr. No*, *From Russia With Love* and *Thunderball*. The colors are richer, the blacks are deeper and the sound is so sharp, you can hear every gun cock and martini shake.

But if you already splashed out last year for the "ultimate" remastered series on regular DVD, do you need an upgrade now? Maybe not, especially since the cornucopia of extras are the same from the 2007 release, only upgraded to hi-def.

MGM is still playing the shell game of packaging the iconic Connery Bonds along with the pretenders to the throne. However, this time you can imme-

diately purchase the titles separately.

Vol. 1 has *Dr. No* (3½ stars), *Live and Let Die* (2½ stars) and *Die Another Day* (2 stars). Vol. 2, the better of the two packages, has *From Russia With Love* (4 stars), *Thunderball* (3½ stars) and *For Your Eyes Only* (3 stars).

Still no Connery commentaries! Maybe he's waiting for the next "ultimate" package.

TORSTAR NEWS SERVICE

Casino Royale (3-Disc Collector's Edition)

Director: **Martin Campbell**
Studio: **MGM/Columbia**

ORDINARILY, it would be hard to recommend yet another purchase of this film, even if it does rank amongst the best Bonds ever and establishes Daniel Craig as the finest 007 since Sean Connery.

Who needs a third disc of extras if you've already bought the earlier two-disc set, and for a film released just two years ago? Well, that third disc actually contains some interesting material, including previously unreleased deleted scenes that provide an alternate opening (it shows the back story behind 007's first kill) and slightly more character development.

There are also several interesting new featurettes, about the role of the Bahamas in Bond lore and about the messy legalities that left *Casino Royale*, Ian Fleming's original 007 tale, locked in parody hell until this 2006 franchise revival.

If you're a serious Bond nut, you'll want it. Maybe you can give the earlier set away? Also available in two-disc Blu-ray.

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Fawcett, O'Neal's son praised for his battle against drug addiction

Actors Farrah Fawcett and Ryan O'Neal's son Redmond has been praised by a judge for his battle against drug addiction after completing a two-week rehab program. The 23-year-old and his father were arrested last month after police uncovered a stash of methamphetamines. **IMDB.COM**

entertainment **27**

Dido talks about new disc

It's been five years since the release of Dido's last album, the hugely successful *Life for Rent*, which was one of the biggest selling albums of 2003. The CD was the followup to the singer's debut album, *No Angel*, which sold 12 million copies.

There is little wonder then that her latest studio album, *Safe Trip Home*, is

hugely anticipated. The CD is due to be released next month, BBC News Online reports.

"I've had a lot of fun making it and I'm now just happy people are going to hear it," says Dido, 36.

In the past few years, Dido has made California her second home. In Los Angeles she has developed new collaborations, learned a

few instruments and even attended university to study music.

After completing her second album, Dido spent a couple of years touring. There was, she says, no grand plan to spend five years working on her next collection of songs.

"There's not a huge amount of conscious thought that goes into my

life," she laughs.

The first single from the album, *Don't Believe in Love*, is already the subject of much online debate about its meaning. The song appears to be about a heartless woman's desire for her man to get up and go home before she awakes after a night of passion.

The track is, according to

Dido, "fast turning into one of the more misunderstood songs of my career."

Don't Believe in Love evokes some powerful images about the meaning of love. "I guess the basic concept is the world's a better place with love than it is without, but there's a whole lot of stuff to get to that point," she explains.

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Peaches playing a socialite?

TV series *Ugly Betty*'s producers want Sir Bob Geldof's daughter Peaches to appear in a cameo role, where she would play a party-loving socialite who lives off a trust fund set up by her parents. **IMDb.COM**

Long, dark winter without *Mad Men*

I JUST DON'T KNOW WHAT TO DO WITH MYSELF: The season finale of *Mad Men* unexpectedly brought back a feeling I hadn't had in years — a sudden melancholy at the thought of waiting months for my favourite show to return.

The Germans probably have a multisyllable word for it — if they don't, I'm nominating *fernsehentrainer* (really, it works, you'll have to trust me) — and I probably haven't felt this way since they cancelled *Kolchak: The Night Stalker* back when Gerald Ford was still president.

IntelleVision



rick.mcginis@metronews.ca

Most of a year will pass before Season 3, and unless something genius erupts onto the small screen in the meantime, I'm going to have to content myself with the deluxe complete holiday gift-ready *Deadwood* and *Sopranos* box sets until then.

As expected, the Cuban



The end of the *Mad Men* season and its absence until next summer resonates more like the loss of a friend or family member.

Missile Crisis was the historical frame for the finale, and the volume of Frank O'Hara poetry that was both prop and fetish object earlier in the season —

Meditations In An Emergency — provided the all-too-perfect title. A few loose ends were tied up, but not enough to make it look like a swan song, or to deprive the next season of the tinder necessary to get the fire going again.

Almost every character with an ongoing crisis got some screen time, with the possible exception of Joan and Sal, whose own crises need to get some real estate in Season 3.

Most surprising of all was venal, grasping Pete Campbell, who showed startling signs of becoming something like a human being — exceeding anyone's expectations since his *Brylcreem* moonface poked its way up through the thicket of young suits in Sterling Cooper's offices. Most telling of all, he needed the presence of Don Draper and Peggy Olson (Jon Hamm and Elisabeth Moss), the show's pivotal characters, to effect this transformation.

Don's marital and personal freefall — the fulfilment of the show's justifi-

ably iconic credit sequence — took up much of the season's oxygen, but creator Matt Weiner finally allowed Peggy to shine in a scene where we finally learn what happened to the baby she had at the end of last season — Pete's baby, he learns, devastatingly.

"One day you're there, and then all of a sudden there's less of you," she tells Pete, and she could be talking about the baby, or about some indefinable but vital part of herself.

I can't help but imagine my own birth mother, having the same thought, at around the same time, after giving me up for adoption — or maybe not. The possibility, remote as it is, might explain some of my ardent connection to the show, and why its absence until next summer resonates more like the loss of a friend or family member than a brief amusement deficit.

Rick McGinnis writes about music, movies, books and television, but not opera.

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TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/28/08	265	353	2	TV	<i>Undersea Exp.</i>	<i>Parks</i>	<i>The Agenda With Steve Palkin</i>	<i>East West 101 (N)</i>		<i>Secret Life of the Classroom</i>	<i>Agenda-Palkin</i>	
	211	331	3	GTV	<i>ET Canada</i>	<i>Entertainment</i>	<i>House 'Joy' (N)</i>	<i>90210 (HDTV) (N)</i>		<i>Kitchen Nightmares</i>	<i>News (N)</i>	
	215	343	4	OMNI	<i>Two/Half Men</i>	<i>The Simpsons</i>	<i>News (N)</i>	<i>Vivere II</i>	<i>News (N)</i>	<i>The Simpsons: King of the Hill</i>	<i>Metropia</i>	
	210	302	6	CBC	<i>Coronation St.</i>	<i>Jeopardy! (N)</i>	<i>Rick Mercer</i>	<i>The Tudors</i>		<i>CBC News: The National</i>	<i>The Hour</i>	
	214	344	7	CITY	<i>Law & Order: SVU</i>		<i>To Be Announced</i>	<i>Privileged (HDTV) (N)</i>		<i>NY-Hollywood: Friends</i>	<i>News (N)</i>	
	212	313	8	CTV	<i>etalk</i>	<i>Hollywood</i>	<i>Criminal Minds (N)</i>	<i>Dancing With the Stars</i>		<i>Law & Order: SVU</i>	<i>News (N)</i>	
	218	345	11	ET	<i>The Insider (N)</i>	<i>ET News</i>	<i>The Biggest Loser: Families (N)</i>			<i>The Best Years (DVS)</i>	<i>News (N)</i>	
	137	763	13	TEF	<i>Panorama</i>		<i>Canada Villages</i>	<i>A double tour ** (1959, Policier)</i>	<i>Jean-Paul Belmondo.</i>	<i>Les Fabricants</i>		
	-	-	14	-	<i>Cold Case</i>		<i>News (N)</i>	<i>News (N)</i>		<i>Two/Half Men</i>	<i>King</i>	<i>Cold Case</i>
	213	326	15	SUN	<i>Scrubs</i>	<i>George Lopez</i>	<i>Rituals ** (1978, Horror)</i>	<i>Hal Holbrook, Lawrence Dane.</i>		<i>To Serve and Protect</i>	<i>Gold Rm.</i>	
	-	387	16	CBS	<i>Inside Edition</i>	<i>Hollywood</i>	<i>NCIS "Murder 2.0" (N)</i>	<i>The Mentalist (HDTV) (N)</i>		<i>Without a Trace (N)</i>	<i>News (N)</i>	
	-	385	17	NBC	<i>The Insider (N)</i>	<i>Entertainment</i>	<i>The Biggest Loser: Families (N)</i>			<i>Law & Order: SVU</i>	<i>News</i>	
	-	386	18	ABC	<i>Vote 2008-7 News Special</i>		<i>Great Pumpkin, Charlie Brown</i>	<i>Dancing With the Stars</i>		<i>(10:02) Eli Stone (N)</i>	<i>News</i>	
	219	346	20	ACH-B	<i>Robson Arms</i>	<i>TMZ (N)</i>	<i>Pushing Daisies (N)</i>	<i>Fringe (HDTV) (N)</i>		<i>(10:02) Eli Stone (N)</i>	<i>News (N)</i>	
	-	-	28	FOX	<i>Judge Judy (N)</i>	<i>Two/Half Men</i>	<i>House 'Joy' (N)</i>	<i>Fringe (HDTV) (N)</i>		<i>Seinfeld</i>	<i>Two/Half Men</i>	<i>The Simpsons</i>
	-	388	61	PBS	<i>News-Lehrer</i>	<i>Keeping Up</i>	<i>Nova (HDTV) (N) (DVS)</i>	<i>Frontline (N) (DVS)</i>		<i>Bill Moyers Journal "Buying the War"</i>		
	297	652	330	WPX	<i>Two/Half Men</i>	<i>Family Guy</i>	<i>90210 (HDTV) (N)</i>	<i>Privileged (HDTV) (N)</i>		<i>CW11 News at Ten (N)</i>	<i>Two/Half Men</i>	
	296	654	331	SBK	<i>Wheel-Fortune</i>	<i>Jeopardy! (N)</i>	<i>Dr. Phil (HDTV)</i>	<i>WBZ News (N)</i>	<i>70s Show</i>	<i>Frasier</i>	<i>Frasier</i>	<i>Punk'd</i>
	298	653	332	TLA	<i>Jamie Foxx</i>	<i>Wayans Bros.</i>	<i>My Wife-Kids</i>	<i>According-Jim</i>		<i>Two/Half Men</i>	<i>Two/Half Men</i>	<i>90210 (N)</i>
	502	390	26	NW	<i>CBC News</i>	<i>Newman</i>	<i>The Hour</i>	<i>CBC News: The National</i>		<i>Raw Nature (N)</i>		<i>National</i>
	500	500	33	CNN	<i>Lou Dobbs Tonight</i>		<i>Campbell Brown: No Bias</i>	<i>Larry King Live</i>		<i>Anderson Cooper 360 (HDTV)</i>		
	509	504	79	CNB	<i>Wall Street Crisis: Is Your Money Safe?</i>			<i>On the Money</i>		<i>The Big Idea With Deutsch</i>		<i>Mad Money</i>
	405	417	22	net	<i>Hockeycentral</i>	<i>UFC: Access</i>	<i>World Combat League</i>	<i>Air Racing</i>		<i>SportsCenter Connected</i>		<i>Hockey Central</i>
	400	400	30	TSN	<i>That's Hockey!</i>	<i>NHL Hockey</i>	<i>Tampa Bay Lightning at Toronto Maple Leafs.</i>	<i>Leads. (HDTV) (Live)</i>		<i>NHL Hockey: Bruins at Canucks</i>		
	411	457	58	OLN	<i>Ed's Up</i>	<i>Videos</i>	<i>SurvivorMorn Costa Rica.</i>	<i>Angry Planet</i>	<i>Flying Doctor</i>	<i>Which Way to... (N)</i>		<i>Pilot Guides</i>
	417	406	81	SC	<i>Pinks (HDTV)</i>	<i>Pass Time</i>	<i>Unique Whips</i>	<i>Low Life</i>	<i>SuperCars</i>	<i>Super Bikes!</i>	<i>Super Bikes!</i>	<i>Pinks</i>
	551	542	25	YTV	<i>Malcolm-Mid.</i>	<i>Home Improve.</i>	<i>Malcolm-Mid.</i>	<i>Fresh Prince</i>	<i>Futurama</i>	<i>Mystery Hnt.</i>	<i>Adrenaline Proj</i>	<i>Mystery Hnt.</i>
	554	544	45	TEL	<i>Shaggy</i>	<i>Ghosts-Scooby</i>	<i>Ghosts-Scooby</i>	<i>16ten</i>	<i>Total Drama</i>	<i>Futurama</i>	<i>American Dad</i>	<i>Robo Chicken</i>
	556	540	51	FAM	<i>Wizards-Place</i>	<i>That's-Raven</i>	<i>Zack & Cody</i>	<i>Natural-Sadie</i>	<i>Han, Montana</i>	<i>Life Derek</i>	<i>Ned's School</i>	<i>Cory in House</i>
	602	567	27	W	<i>Will & Grace</i>	<i>Friends</i>	<i>Three Fat Brides</i>	<i>Style by Jury</i>	<i>Style by Jury</i>	<i>How to Look Good Naked</i>		<i>Mixed Out</i>
	570	580	29	MM	<i>Degrassi: Next</i>	<i>Instant Star</i>	<i>disBand</i>	<i>Technical Diff.</i>	<i>So You Think You Can Dance Canada</i>	<i>Dance</i>	<i>Degrassi: Next</i>	
	615	520	31	A&E	<i>CSI: Miami (HDTV)</i>		<i>The First 48 (HDTV)</i>		<i>The First 48 (HDTV)</i>	<i>The Rookies</i>	<i>The Rookies</i>	<i>Jacked: Theft</i>
	700	801	35	TLN	<i>Centovetrine</i>	<i>SKY TG 24</i>	<i>Serie A</i>	<i>Magnifica Italia</i>	<i>48 Ore</i>	<i>Raymond</i>	<i>Raymond</i>	<i>George Lopez</i>
	571	581	36	MMM	<i>mmtop</i>	<i>Where You At</i>	<i>Story Of Ozzy Osborne.</i>		<i>Listed</i>	<i>Don't Forget the Lyrics!</i>		<i>Party of Five</i>
	575	583	38	CMT	<i>Canada Countdown</i>		<i>Home Improve.</i>	<i>Home Improve.</i>	<i>Reba</i>	<i>Hope & Faith</i>	<i>Hope & Faith</i>	<i>Cheerleaders</i>
	616	521	39	SHO	<i>About a Girl</i>	<i>About a Girl</i>	<i>The Best Years (DVS)</i>	<i>Testees</i>	<i>Trail Park</i>	<i>The Shield "Parade"</i>		<i>House</i>
	620	523	40	BVO	<i>Desperate Housewives</i>		<i>Live at the Rehearsal Hall</i>	<i>Me to We (N)</i>		<i>Ultimate Manlow!</i>		<i>Law & Order</i>
	601	562	41	SLC	<i>End of Leash</i>	<i>ET Canada</i>	<i>Wedding SOS</i>	<i>In Laws</i>	<i>Rich Bride, Poor Bride</i>	<i>Tori & Dean: Home</i>	<i>Wedding SOS</i>	<i>Wedding SOS</i>
	522	506	43	HIS	<i>NCIS "Split Decision"</i>		<i>Outlaw Bikers</i>	<i>Ax Men</i>		<i>NCIS "Split Decision"</i>		<i>Crime Stories</i>
	625	548	44	COM	<i>Air Force</i>	<i>Just for Laughs</i>	<i>Malcolm-Mid.</i>	<i>Corner Gas</i>	<i>The Simpsons</i>	<i>South Park</i>	<i>Silverman</i>	<i>Fit-Conchords</i>
	600	564	46	H&G	<i>House Hunters</i>	<i>Property Virgin</i>	<i>Pure Design</i>	<i>Style</i>	<i>Sarah's House</i>	<i>Design Inc.</i>	<i>Colin & Justin's Home Heist</i>	<i>Holmes-Homes</i>
	294	529	47	TBS	<i>House-Payne</i>	<i>House-Payne</i>	<i>Dream Makers</i>		<i>Dream Makers</i>		<i>Steve Harvey</i>	<i>Family Guy</i>
	576	582	49	BET	<i>106 & Park</i>	<i>Access</i>	<i>You Got Served ** (2004, Drama)</i>	<i>Marques Houston.</i>		<i>Somebodies</i>	<i>Somebodies</i>	<i>Judge Karen</i>
	627	528	50	SPC	<i>Lost</i>	<i>Star Trek: Next Gener.</i>	<i>Star Trek: Next Gener.</i>	<i>Battlestar Galactica</i>		<i>Rabbit Fall (N)</i>	<i>The Circuit</i>	<i>Stargate SG-1</i>
	581	566	52	MTP	<i>Busted</i>	<i>After</i>	<i>Planet News</i>	<i>Cribs</i>	<i>Paris Hilton's My New BFF</i>	<i>Paris Hilton's My New BFF (N)</i>	<i>Seinfeld</i>	<i>MTV Live</i>
	618	524	54	TROP	<i>Beverly Hills, 90210</i>		<i>Planet Soap</i>	<i>What Happen?</i>	<i>Family Guy</i>	<i>Seinfeld</i>	<i>King</i>	<i>Family Guy</i>
	603	561	56	FOOD	<i>The Main</i>	<i>Chef at Home</i>	<i>Restaurant Makeover</i>		<i>The F Word (N)</i>	<i>Chef School</i>	<i>At the Table</i>	<i>Restaurant</i>
	261	394	60	V	<i>Murder, She Wrote</i>		<i>Bless-Father</i>	<i>On the Buses</i>	<i>Quantum Leap</i>	<i>Origin-Halloween</i>		<i>MythQuest</i>
	621	527	63	STR	<i>The Ellen DeGeneres Show</i>		<i>TMZ (N)</i>	<i>etalk</i>	<i>The Tonight Show-Jay Leno</i>	<i>Paris Hilton's My New BFF (N)</i>		<i>TMZ</i>
	553	546	65	TRE	<i>Ni Hao, Kai-lan</i>	<i>Night Grdn</i>	<i>Toot & Puddle</i>	<i>Franklin</i>	<i>Little Bear</i>	<i>Maggie-Beast</i>	<i>Comfy Couch</i>	<i>Rolie Polie Olie</i>
	115	711	101	TV	<i>Occupation</i>	<i>Videos</i>	<i>Histoires-filles</i>	<i>Caméra café</i>	<i>La Promesse (HDTV) (SC)</i>	<i>TVA 22 heures</i>	<i>(10:45) Denis Lévesque</i>	<i>Beren. Bears</i>
	126	730	102	RDI	<i>24 Heures en 60 minutes</i>		<i>Grands reportages (SC)</i>		<i>Le Téléjournal (SC)</i>		<i>RDI en direct sur l'économie</i>	<i>Le Téléjournal</i>
	526	507	249	CLT	<i>Judging Amy</i>		<i>Killer Next Door</i>	<i>Missing Link</i>		<i>Mysterious Ways "Muti"</i>		<i>Judging Amy</i>
	300	601	301	M1	<i>(7:15) Bolched (2007, Suspense)</i>	<i>Stephen Dorff.</i>		<i>Michael Clayton *** (2007, Drama)</i>	<i>George Clooney.</i>		<i>Into the Wild</i>	
	305	612	306	PIX	<i>(7:15) The Final Cut ** (1995, Suspense)</i>	<i>Sam Elliott.</i>		<i>The Frighteners ** (1996, Suspense)</i>	<i>Michael J. Fox.</i>		<i>Carrie</i>	

critics'corner

Botched

"Botched" is right. This flick can't seem to decide whether it wants to be a slasher movie, a crime drama or a comedy, and it doesn't make the grade as any of them. Stephen Dorff ("World Trade Center") stars as a thief dispatched to Moscow to steal an heirloom from an office building... whose 13th floor is home base for Ivan the Terrible's deranged descendants. It is possible to make a good horror movie that's also funny — "Shaun of the Dead," anyone? — but this one misses the mark. 7:15 PM on M1



The Mentalist

If it walks like a murder suspect and quacks like a murder suspect, it must be a duck. In this new episode, a girl becomes the prime suspect in the slaying of her best friend when she's found covered in blood and holding the murder weapon. But she has no memory of the crime, and Patrick (Simon Baker) has reason to believe she's innocent. To prove that, he has to help her relive the events she can't remember in "Redwood." 9 PM on CBS

Trista, Ryan in talks for new show

PEOPLE Reality TV stars Trista and Ryan Sutter, who announced last week they're pregnant for a second time, tell *People.com* they're due in April — and in talks to star in a new reality show.

"We're open to whatever," Trista told *People.com* while visiting SeaWorld Orlando on Friday with Ryan and 15-month-old son Max.

"It's just a matter of whether it fits."

Trista says the show would involve Max and the new baby.

"There are pros and cons," she says. "Having cameras in your face is an obstacle because we've tried to be very private. But if we want to pay our mortgage and pay off our debt, well, we'll do it if it's within our lifestyle," she says.

Trista, who gave birth to Max four weeks prematurely because of complications late in her pregnancy, says the new baby will be her last. She plans to have a tubal ligation.

METRO NEWS SERVICES

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Grohl may be singing lullabies

Foo Fighters singer Dave Grohl, 39, and his wife Jordyn, 32, are expecting a second child, his rep confirmed to People. No other details were available. **PEOPLE.COM**

Celebrity Buzz

Britney may star in biopic

MOVIES Britney Spears is set to star in a movie about her life, femalefirst.co.uk reports.

The pop star will reportedly relive some of the most traumatic events in her life — including her breakdown earlier this year, which saw her lose custody of her two sons Sean Preston, 3, and Jayden James, 2 — for the biopic.

"It will be dark and gritty, charting Britney's devastating falls including

her traumatic custody battle for her two children. Let's just say it will not be for the faint-hearted. But it

will also show the highs along her incredible life journey," a source says.

Spears is said to be keen to star in the project.

"If anything it will be cathartic for Britney. She has been through so much and is finally back to her best," the source added to Britain's Daily Mirror newspaper.

METRO NEWS SERVICES



Pink foresees clarity upon turning 30

PEOPLE Pink thinks the world will become "clearer" when she turns 30 next year, femalefirst.co.uk reports.

The singer has reportedly learned to control her anger, but thinks her landmark birthday next September will provide her with even more insight into the world.

"I am not really angry at the world," she says. "I have let a lot more love in. I feel once you are 30, once your Saturn returns, the world puts you right side up

again and gives you a pair of glasses so you can see everything clearer."

Pink recently revealed she has been taking psychology classes to learn where anger comes from.

"I took a class called demystifying anger a couple of months ago," she has been quoted as saying. "I'm really, really interested in psychology. If I were to go back to school, I would want to major in psychology, even though I'm a high-school dropout."

METRO NEWS SERVICES



Biography links Heath to bipolar disorder

BOOK Late actor Heath Ledger may have suffered from bipolar disorder, femalefirst.co.uk reports a new book as claiming.

Ledger was found dead in his New York apartment in January from an accidental overdose of prescription drugs.

Now a new biography of the star, entitled *Heath: A Family's Tale*, reveals his

uncle Haydn suffers from the condition, and suggests it might have run in the family. "I don't mind people knowing I have bipolar disorder, and it's a shame that it took this long to be diagnosed," Haydn reportedly told author Janet Fife-Yeomans.

METRO NEWS SERVICES



Sparkly spoon for Gwen's baby

PEOPLE Gwen Stefani's two-month-old son may soon be enjoying his meals with a \$4,000 US diamond-encrusted spoon, femalefirst.co.uk reports.

The singer, who welcomed her second child with husband Gavin Rossdale, Zuma Nesta Rock, in August, was thrilled when her former bandmates presented her with

the impressive piece of cutlery.

"Gwen loves it," a source says. "She would never buy it herself, but that is what makes it so special."

The specially-made sterling silver baby spoon is from exclusive jewellers Chrome Hearts.

METRO NEWS SERVICES



celebrity brief

Lindsay hasn't shunned the lads

PEOPLE Lindsay Lohan has denied turning her back on men for good despite embarking on a relationship with DJ Samantha Ronson, according to a pal.

The actress, 22, was romantically linked to Ronson when they were spotted kissing and cuddling at a party in Cannes, France, earlier this year, imdb.com reports. But Lohan's friend and celebrity insider Jo Piazza says she still loves men.

"Lindsay says Sam is the only girl she would go for," Piazza reportedly says.

A source adds, "(Lohan) has been telling everyone over and over that she's still into guys. She keeps saying that if anything went wrong with Sam she would date a guy next."

METRO NEWS SERVICES



celebrity brief

Katy intends to stay grounded

PEOPLE Singer Katy Perry insists she has no intention of letting fame go to her head, femalefirst.co.uk reports.

"You have to be really strong-headed to survive in this industry," she says.

"If you are going to get into it, lose your vices because they are not something you should have — especially if you are in the public eye. Eat your vegetables, take your vitamins and be discerning about the people that are around you. Know who is a creep and who is not, who is there for the right reasons and who is not there for the right reasons."

METRO NEWS SERVICES



Amy undergoes tests

HEALTH Singer Amy Winehouse was hospitalized Saturday for tests on her chest and lungs, her London

spokesman confirmed to People. The 25-year-old singer, who was hospitalized in June with a severe lung ailment, had a doctor visit her at home Thursday, People.com reports.

Then, over the weekend, "they wanted to do some tests as a precaution," her spokesman Chris

Goodman said. "Obviously she had lung and chest problems which she had treatment for not so long ago, so they're just making sure."

She was expected to return home yesterday.

Winehouse's father, Mitch, has previously said that the singer's

lungs are "all gunked up" from smoking.

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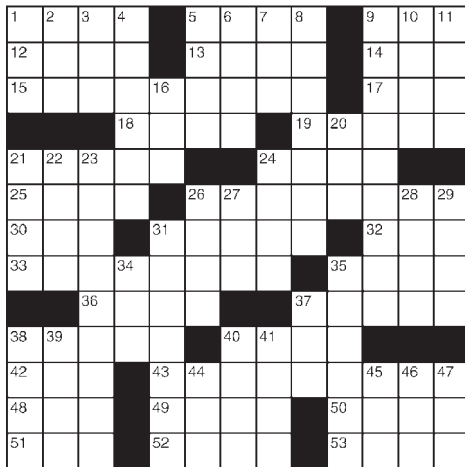
Make a change in your life and the lives of people living with diabetes.





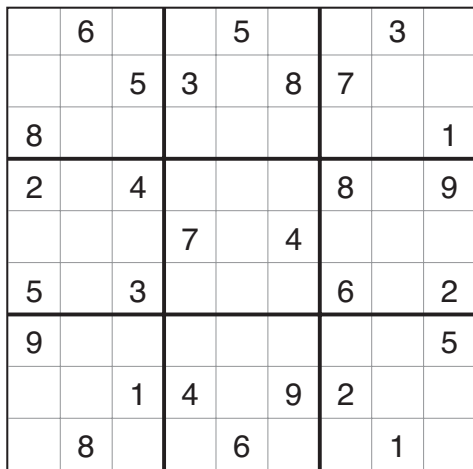
WE'LL KNOW WHEN YOUR JOINTS ACHE BEFORE YOU DO.
NOW WITH REALLY, REALLY LOCAL WEATHER.

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Crossword across

- 1 Tease
5 From the beginning
9 Affliction
12 Midwestern state
13 Tardy
14 Moreover
15 Ticket booth income
17 Carpet
18 Transaction
19 Poem
21 Distorted
24 Verdi opera
25 Full house, e.g.
26 Brown-bagger's option
30 Past
31 Satan's purchases

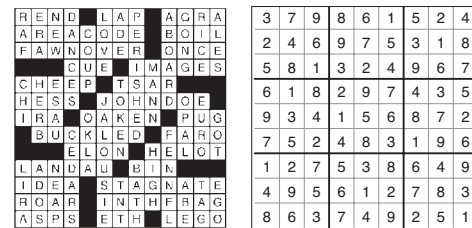
- 32 As well
33 Sports-page summary
35 Jalopy
36 Predicate word
37 Borscht ingredients
38 Tex-Mex recipe
40 "The Thin Man" dog
42 Actor Holbrook
43 Hinge-shelled reptile
48 Puncturing tool
49 A Great Lake
50 Once around the sun
51 Indivisible
52 Flavor enhancer
53 Exile isle

Crossword down

- 1 Chore
2 Discoverer's cry
3 Half-dozen
4 — cobra
5 — Romeo
6 Hammer's target
7 List-ending abbr.
8 Cotton plant attackers
9 Product purchaser, often
10 Responsibility
11 Advantage
16 A mere handful
20 School's web suffix
21 Moby Dick's pursuer
22 Palm starch
23 Tennessee city
24 Wheelbase terminus

- 26 Nincompoop
27 "— Town"
28 Winter garment
29 Brewery ingredient
31 Journalists
34 Choice (Abbr.)
35 Call for attention
37 A/C meas.
38 Secretary of labor under G.W. Bush
39 Actress Goldie
40 Botanical angle
41 Undo a dele
44 — pro nobis
45 Aviv lead-in
46 Retriever type
47 Geological period

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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SUDOKU SOLVE TIME:

- Under 13 min Genius
13-17 min Scholar
17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Recipe of the day



Spicy Steak with Garlic Toast

INGREDIENTS:

- 2 tsp (10 mL) ground cumin
1 1/2 tsp (7 mL) chili powder
3/4 tsp (4 mL) oregano
1/2 tsp black pepper
2/3 cup (150 mL) spicy tomato-vegetable juice
4 tbsp (60 mL) freshly squeezed lime juice
2 cups (500 mL) frozen corn, thawed
2 green onions, thinly sliced
1 small red pepper, seeded and diced
12 oz (370 g) well-trimmed flank steak
1 loaf Italian bread, halved horizontally, then halved crosswise
1 clove garlic, peeled and halved

METHOD:

1. Stir together cumin, chili powder, oregano and black pepper in a small bowl. Place tomato-vegetable juice and lime juice in a measuring cup. Measure out 2 1/2 tsp (12 mL) of spice mixture and stir into the tomato-lime juice mixture.
2. Combine corn, green onions, red pepper and 1/2 cup (125 mL) of tomato-lime juice mixture in a

medium bowl. Stir to combine. Refrigerate until serving time.

3. Preheat broiler. Rub remaining spice mixture onto both sides of steak. Broil steak 3 inches (8 cm) from heat until medium-rare, about 4 minutes per side. Remove steak but leave the broiler on. Let steak stand for 10 minutes before thinly slicing across the grain, on the diagonal.
4. Place bread under the broiler, cut side up, until lightly toasted, about 30 seconds. Rub toasted side of bread with cut garlic and with the remaining tomato-lime juice mixture and cook until lightly browned, about 1 minute. Serve steak with corn relish and toast.

PER SERVING

376 calories, 27 g protein, 9 g total fat, 3 g saturated fat, 46 mg carbohydrate, 5 g fibre, 441 mg sodium

SERVES 4



Horoscopes

ARIES
MARCH 21-APRIL 20
Find a way to get out of tedious plans. Concoct a temporary solution to a problem. Let a deceptive person walk into a trap.

LIBRA
SEPT 23-OCT 23
You'll make some good points in a conversation. Don't waste a chance to discuss your work. An apathetic speech gets a senior in trouble.

TAURUS
APRIL 21-MAY 21
A serious person gets too pushy. Someone fantasizes about excellent money ideas. A thrilling predicament looks scandalous to others.

SCORPIO
OCT 24-NOV 22
Don't refuse to admit to being at a disadvantage. A mysterious incident leads to pandemonium. Your goals are closer to being realized.

GEMINI
MAY 22-JUNE 21
A hotshot's approach to a crisis wins allies. Feel the heat of a friend's obsession. An authority figure's indecision gets irritating.

SAGITTARIUS
NOV 23-DEC 21
A man rationalizes his prolonged hostility. A silly oddball is on the way to success. Don't try to please a demanding co-worker.

CANCER
JUNE 22-JULY 22
A cruel woman demands hard answers. Pick up the pieces and rebuild broken things. A guilty brute makes tracks for parts unknown.

CAPRICORN
DEC 22-JAN 20
A youngster remains emotionally detached. Respond to a threat by refusing to be bullied. A confused person asks for direction.

LEO
JULY 23-AUG 23
A good luck charm will cause surprises. Help out an anxious person and be reliable in a crisis. Someone else's stuff gives you an idea.

AQUARIUS
JAN 21-FEB 18
A mystical friend gives you the solution to a dilemma. You'll feel an evolution of consciousness. Your best friend has news about a forbidden activity.

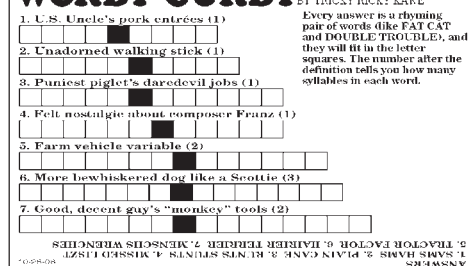
VIRGO
AUG 24-SEPT 22
A handyman makes an error with helpful hints. A flaky friend is dramatic and time-consuming. A secret is tormenting someone's conscience.

PISCES
FEB 19-MARCH 20
An irritating woman will grate on your nerves. Resolve to make crucial changes. A relationship causes a career to be put on hold.

AVATAR VENUS



WORDY GURDY



This day in history

OCT. 28, 1636: A vote of the Great and General Court of the Massachusetts Bay Colony establishes the first college in what would become the United States, today known as Harvard University.
OCT. 28, 1886: In New York Harbor, President Grover Cleveland dedicates the Statue of Liberty.
OCT. 28, 1929: Black Monday, a day in the Wall Street Crash of 1929, which also saw major stock market upheaval.
OCT. 28, 1948: Swiss chemist Paul Müller is awarded the Nobel Prize in Chemistry for his discovery of the insecticidal properties of DDT.

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4	QUICK PICK				
5	QUICK PICK				
6	QUICK PICK				
7	QUICK PICK				
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9	QUICK PICK				
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12	QUICK PICK				
13	QUICK PICK				
14	QUICK PICK				

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